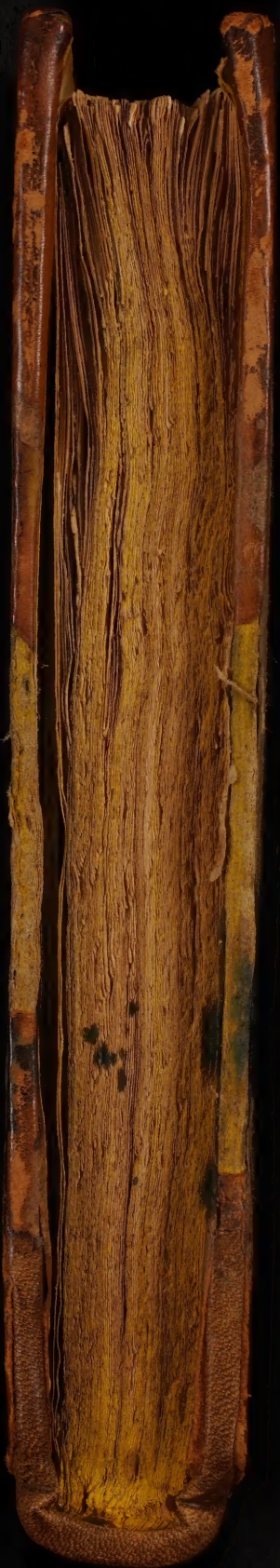
PATHWAY
TO
HEALTH



7332/8.

Works all before fol 3, ff. 4, 47-50, 112-113

STC 15532.5

Scott of Abbotsford (and Scott family)

V. Piue Dictionary of National Biography 1983

(St 1987. Pb88y Magd. Coll. Oxon. Fellow 1559. Author Manipulus Vocabulorum.)

Peter Lowens. A right profitable booke for all diseases. Called The Pathway to Health.....

Gathered by Peter Lowens Maister of Arte & Doctor, and Student in Physicke and Surgery.

1582: Sm. 4° London, E. Allde for E. White. 21, 220 (wrongly numb 228) leaves. Woodcut border. Black letter. Last leaf missing.

dry vp, vleau

Dating u/v, i/j. p 110, 109 : 87, 71v (ioyut).
(Roman). all spell: cauna.
Contractions: rare but + (eg. p 14).
'eth: p 14: ? always.
"e+": 51/68 ≅ 70%.
(Gothic) of 34 misspells: 5 double 15%
5 y for i 15%
17 e+ 50%

> 1580
< 1630

Wellcome I: 3764 is 1632, 2ll, ff 114: 4° ✝ Beale for Ford (4ll⅔ inch tall)

STC cites 1587 and 1632 ed^n only of
The Pathway to Health Peter Levens

BMC 1582: Black letter 224 4°
1587: BL. ff 202(102)
1632: BL 4°
1654 8°
1664 12°

4°: hacks [A] (? 2ll, B.L. 1145 ff 4° = 1632
B2 = l. 4
ff 2+3 ? = l 112+113
N 1-4 = l 47, 48, 49, 50

Mismumbrings: 16 misnumbered 17: 57, 50: 64, 55: 66, 57: 87, 89; 103, 301: 107, 108

pp 1-60: head-to-toe sequence, by parts of body

60-62 Blood letting

62v-63 Purging

63: Diseases, roughly alphabetical

ache, burning, consumption, cancer, dying, fistula, flux, gout, jaundice, hypothermia, itch, kernels (king's evil), laxative, leaper, lunes, ointment, wounds, nervals, oils, ointments, paste, plaister, picking of a thorn, powder of life, philosopher's stone, opium potable, antidote, withdrawal vs poisons, problem, poison, plague, ringworm, fetter, retraction, salves, salt humour, sore, scab, shingles, sinews, staunch blood, swelling, stone, wound.

Baltzar: 70, 75

GK 71, 89v, 110, 111

Irish gentleman 91

Conditions etc

Lytargy 7
Experiment 8, 9
Dazeling 8
Rume 8v
Gargill
Quilt
Pin web & Fellon in the ye 12
Peale 13
Pair of the nose 18v
Goonnuas 18
Sauceflewel 22v
Fleame 26v
Perborate 27v
Biles 35
Sourum 37v
Aluary 39v
Flixe or laxe 77
Morphew 82
Maumbe 83
Nervaile 84
Tisicke 101v

Megrim 4
Works: 72v bone, bone, bastard
75 (round necke)

Pitting & mid dagge 69
Arrow or dart 75
Philosophicostom 88

Names in Text

M. Baltazar 70v
Melchior Baltazar cit: 75

G.K. 71, 90, 110v, 111v

Irish Countess 91

Manuscript material

Cover + Fly leaf: W. Scott Bonglar at Berwick 1826. Bookplate Fairway

Shorthand 15v, 32, 36, 41, 56, 71, 75v, 80v, 81v, 82v, 97v

Drawing 22, 34, 63

Other xx 6v, 8v, 64
h st 11v
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15
22
24
27
30
31 William Shaw his booke god give ...
34 ..... judgment
34 v
38 v Casting of the lots ... & ye wilt
39 ... ll Celsi
41 William Shaw. I Bowes?
42 Tho. Milsom? Twice 1710
51
52 v In youth in age in wealth in woe let us ... Serve god where ever ...
53 ... by Jo Shaw
56
58 ... John
59 Thomas Hunter Mary? Hunter Hunt Morey
61 v Death is swallowed up in victory + grave ...
is thy victory death where is thy ...

Annotations cont^d

67

74 for a man who is a m man ... thou man
a man that ...

75 ... that is an error to To Show

79

82 Remember me that I am going a Journey to all and for to woe
Roman Richard B

82v

83 Remember Death judgment and Eternity and no redemption out of hell

84

91v Going?

97v Joseph Powell

98v

99v Remember ye Author of the Book

110v Ffor Mr James A Marshall : Lodeshall St.

or

111

4' 8'

Leaves

Agrimony (Gold) 5, 6v (Egr)
Awn 5
Bawtine 8
Betony 6, 6, 6v, 7', 7', 7'
Bengeum 8'
Camomile 6, 6v, 7'
Camel 5
Cloves 5, 8', 8'
Comin 7'
Earth-bind 6'
Elder 6, 7', 8
Ellecampane 5
Fennell 6, 7', 8
Fenugreek 6v
Galingal 5
Gourds 7
Henbane 6
Hony 5, 6v, 7' hony, 7'
Incense 6v (Enc)
Ivy 6, 8
Leeks 6'
Ligusticum 5

Anacard (powder) 7
Ale 6, 7', 8
Barley down 6'
Bayleaves 6'
Bread 8
Bayberry 6
Castore 7
Castle 8'
Cat 7
Castoreum 7
Celidony 7'
Century 7'
Citron 6'
Colewort 6', 8'
Culver dung 8
Doves dung 8'
Coriander 8
Cucumbes 8'
Darnell 8'
Egg white 6', 8
Eggs 7',
Eustorbium 7
Garlic 8'
Grease 8
Harts horn 7'
Hayhouse, 7' heyhouse 8
Isop 8'

Labdanum 8', 8', 8'
Lard 8
Lupines (Grain) 5
Maces 8'
Maidenhair 6v
Mints 6, 7', 8
Mirre 6'
Mustard 5, 6', 7', 8'
Myrrh 6v
Camomile 6
Musk 7
Onions 8
Oranges 6v
Pellitory 5, Spain 7
Pepper 7, 7', 8'
Pennyroyal 8
Plantain 8
Pitch 8'
Rue 6, 6, 6', 8, 8'
Rue 6, 7', 7'
Salt 6v
Spikenard 5, 5
Stone sacrae 7'
Tutsan 7
Weevan 6v, 7', 7', 7', 8
Wallwort 6v, 7' (wall), 8
White earth 6v
Wine 6', 8
Wine Lyes 6'
Wormwood 6v, 7', 7' (worms), 8, 8'
Wort 7'

Lye 6'
Marjoram 8
Musk 7
Nep 7'
Nettles 6'
Nutmegs 8'
Olibanum 8'
Lytargy 7
Meigrim 7'
Unces 6'
Saffron 6', 7'
Sage 6, 7, 7, 8
Siperus 7
Smallage 7
Sope 6'
Sorrel 8'
Sothernwood 7'
Storax 8' (common), (calamite) 8'
Vinegar 7, 7', 8'
Wheat meal '
" bran 8, 8

e 111
t 70
a 65
o 60
n 50
i 35
h 30
d 29
s 28
r 27
l 18
m 17
f, p 12
w 11
u 10
c 9
g, k, 8
b 7
y 4
v 3
x 1
j, q, z, 0.

Bought at Berwick

1826

Pj major. Intd - 3x 1-63
Plaid letter -62
Purge 63

Ej type - Non Hodgkin's, ovarian, stomach, cancer, dogs, E. Coli, flu, gout, jaundice, hepatitis, lungs, measles, nerves, eyes, diabetes, pancreas, placenta, prior, previous plague, rings, sores, scabies, shingles, taurine, stool, tissues, treatment, urgent, wounds, world, worlds

Fourth Stage 100 - 101

Scott
Abbey
and Co
Co
V. Pius
Victory &
Flowers

P. Pius 90 (-75)
Civ. 71 - 89v - 110 - 111
Total pictures 91

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152
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ree houres in cleane water, of Houseleeke three handfulls, ampe them and mingle them all together, and straine them rough a linnen cloth, and make an oyntment of them, and an-oint the head therewith: and if the haire be gone, take a hand-ll of wooll and burne it to pouder, and annoint therewith the ead that is pilde, and the haire shall growe as thicke as euer it as before.

An other for a scald head.

¶ Take Groundsell, and Barrowes greace, a he Groundsell small, and boile it with a soft fire Barrowes greace, and so clip off the haire, and ley nnoint the scald head.

For to heale a white scald in the he

¶ Take Houndstung & Borage roetes, of eac titie, wash them faire and cleane, then shred them small in peeces, seeth them in vineger about halfe a p then put in a little sweete Butter neuer salted, and let together till they be soft, then straine them throu cloth, and it will be a pleasant salue, then take a fethe noynt the Patients head withall, but you must vse t scald head with Cow pisse, or else with faire wate will heale the white scald head.

Another to heale the white scald

¶ Take greene coperis, rosen, waxe, sheepes suet beate them small together, and boile them well, and very faire salue, and this will heale any white scald.

the braine an experimen

¶ Take the Syrope of red Roses, with the p nam Aloes, and the bone in the Harts hart, clo of red Roses, or the Cakes thereof, and m with Suger, and giue the patient thereof to ning and euening.

For the braine an

E.

¶ Take the smoake of Lignum Aloes, & it comforteth the cold braine, and all weake parts of the braine, and the head.

For to restore the braine.

¶ Take and make powder of Betony, and vse it in thy pottage, and it will restore the braine. Also take and chew Mace in your mouth. Also put into thy nose the roote or iuice of Galingall, and it is good for braine or memory.

For the weaknes of the braine.

¶ Take and smell to muske, and for defaulte of stoppings of the nose when it wringeth the heart and vpper limmes, and cau[se]
[in] a manner to sound: take of the fume of the Muske
[Also] to comfort the braine, vse both Cloues and Mace
[in] ths that they be sodden in, and also in your nostrils.
[Pa]tient haue the fume or pose, put the powder of Cardo-
[mo]n and the ople of Muske into an Eggs shell till it seeth,
[and] with anoint the head.

For the fleame in the braine.

¶ Take the iuice of red Dockes, with the iuice of Rue, and
a little thereof into the nostrils, and vse this in a flue or pe-
warme place.

For him that hath lost his mind.

¶ Take the iuice of Marigolds, of Sage, of Wormewood,
[and] of them a spoonefull, and take as much white Wine and
[put] thereto, and let him drinke it at euen, and as much in the
[morn]ing cold: and vse it for fiue dates.

Another for him that hath lost his mind.

[Take] and theare off the haire of the mould of his head, the
[gall] and stampe it, and bind it to his head where it
[was] let him sleepe for a while, and when he awaketh,
[he] shall be meeke and sober inough.

of vervaine, and breake them small with your hands, and boile them in a bottell of white wine or Gascoine, if it may be had, and if not, in Rochell wine till it come to a quart, and put them in three baggs, broched flat like a plaister, and lay it where as the paine is, as hot as the patient may suffer it, and change this still hot and hot, during a day and a night, and longer if need be.

Another for the meigrim.

¶ Take halfe an ounce of Galingal & an ounce of Ginger, Nutmegs halfe an ounce, Cloues a quarter of an ounce, Aniseed a peny weight, Enula Campana a quarter of an ounce, Licoris halfe an ounce, Suger halfe an ounce, & beat all these together, and let the sick vse of this powder first and last a spoonful at once, and within foure daies God willing he shall be whole.

Another for the meigrim in the head.

¶ Take an ounce of Staues saker, and beat it to powder, then take the third part of the powder, and of the white of an Egge and a Nutmeg, and a little Commin, a quantitie of both small hacked, beate them together, and lay it plaister wise vpon the forehead, when that he goeth to bed: if he bleed he shall be quickly whole: if not, lay it on the other vntill he bleed.

Another for the meigrim.

¶ Take commin, & beat it as small as you can: that so sifted it through a fine cloth, & take the finest thereof, & put there the quantitie of the gall of an Ore, and beate them together that they be thicke, and then make a plaister thereof and lay the nap of the necke, and it shall helpe them.

For the same a medicine.

¶ Take Daisie roots leaues and [illegible] and beat out the iuice, and put of the iuice into the nostrill that is troubled with the meigrim in the forehead of the Patient may be, that they may [illegible] that discendeth from him or them.

For to know if that the braine pan be broke.

¶ If the flesh be whole about: take and shaue the head there as the sore is, and double a linnen cloath, and spread on the white of an Egge, and bind it too one night, and on the morrow take it away, and looke if the cloth be moist or dry, for if it be moist the panne is broken, and in the same place carue the flesh, and let the blood out, and annoint it with an ointment made therefore, and thus thou shalt saue him, or else he is but dead.

For the fistula in the head.

¶ Against the Fistula in the head: take and seeth bitter Lupines in salt-water, and put Wineger to them, and then straine it, and in straining thereof: put of the powder of Germander and wash the head therewith.

For the fistula in the head.

¶ Against the Fistula in the head, take and gather the roots of Egrimony, and drie them in the smoake, and after that it is dry: take and hang it about the neck of the Patient, and it will helpe him.

For the meigrim and for the impostume in the head.

¶ Take the foure peny waight of the roote of Pellitory of Spaine, a ob. waight of Spicknard, and boile them in good Wineger, and when it is could: put thereto a spoonfull of hony, & a saucer-full of Mustard, and mingle them well together, & hold therof in thy mouth a spoonefull at once, and vse this nine times, and vse to spit it out continually.

For an inpostume in the head.

¶ Take Galingal halfe an ounce, Nutmegs a quarter of an ounce, Cloues a peny waight, the flowers of Cannell, a penny waight of Spicknard, a ob. waight of Aniseed, a quarter of an ounce of Enula Campana, halfe an ounce of Licoris, of Sugar halfe an ounce, and beate them well together, & vse of this powder a spoonful at once.

Another for the impostume in the head.

¶ Take Betony, Sage, red Mints, red Fenell, Reath three crops, and eate them eight daies together, or fourteene daies: and after take the greene rinde of the Elder sticke of one yeeres growing, and put the iuice thereof into thy nose three daies, three times a day lying vpright, the space that one may goe a mile.

For the head ache.

¶ Take Rose Cakes, and stampe them very smal in a morter with a little Ale, and let them be dried by the fire on a Tileshard, and lay it to the nape of the necke to bedward: proued.

Another for the head ache.

¶ Take Hemlockes, and seeth them till they be as soft as pappe, lay it to the head where the paine is, & let it lie all night, and on the morning lay on another hot plaister of the same, and vse this foure or fiue times, and by Gods grace the Patient shall be eased.

Another for the head ache.

¶ Take a Posset and lay it hot vpon the head, and let it oft be laid too, for so cured a Phisition diuers cures. And also take the oyle of Camomell, and anoint the browes and the forehead and labour it very well, and lay the patient downe, and make him sweat, and it shall helpe him. Also mingle a spoonefull of the iuice of Betony, with as much wine, and as much hony, and put thereto nine Pepper corns, and drinke it foure dayes together: proued.

For the head ache.

¶ Take iuice of black Iuy, & iuice of Rue, the oyle of Roses, white wine, and Vineger, and mingle al together, and anoint the temples therewith.

For the head ache.

¶ Take an handfull of red Sage, a handfull of [illegible] leaues sliced, a handfull of Camomell flowers dried, of Bay-salt, a peece of leauened bread, two [illegible] them all together, and make as it were a quilt

bearbes, and then lay it ouer his head in the forme of a plaister.

For the headache proued.

¶ Take white earth-bind, and make iuice thereof, and put it into thy nose, and it shall purge thy head of rume, and it doth away the headache. also Leeks with leaues sodden in wine and emplaistred about the temples and the forehead, it doth awaie all the head ache. Also take mustard seede, Saffron, Rose flowers, or the leaues, and mingle them with Sope, and make a plaister thereof, & bind it to the head. Also take Insence, Oxes dung, Wheat meale, and temper them with the whites of Egs, and bind it to the forehead, and the temples, and it doth away all aches of the head. And wash the head with the lye made of the powder of Colewoorts, of red nettles, and of white Wine, and it doth away the ache without doubt, for this is a true experiment prooued.

For the aking of the head.

¶ Take and make Lye of Veruaine, or of Betony, or of woormewood, and therewith wash thy head thrice in the weeke, and it shall doe thee very much good.

For the vanitie of the head.

¶ Take the iuice of wall woort, Salt, hony, war, & Insence, boyle al them together, and therewith annoint the temples.

For the vanitie of the head, and to wash the head, and to comfort the braine and memorie, and for a faire face.

¶ Take lye that is not so strong, and put two pils of Orenges, the pils of so many Citrons, the blossomes of Cammomell, Bay leaues a handfull, of maiden-haire a handfull, of Egrimo[ny] two or three vnces, of Lady-straw chopped in peeces a dish[full] Fenegreeke, a pound of wine lyes, two or three dishfuls of [rose] blossoms, put all these into the lye, and mingle them to[gether] and so wash the head therewith, and put a little Pirre [in]: this is proued.

Fo

For the lytargy in the head in the hinder part, w
maketh it for to shake.

¶ Take a pure blacke Cat, and flea her, and pull out her bowels, and picke away the fat from her gutts, and put them into the body againe, and fill the body full of Mustardseede, well steeped in the iuice of Mep, and Sage and then sow the body vp, and rost it vpon a spit, till it be so drie that it drop no more moysture, then take the dripping that commeth thereof, and put it in bladders, and when you wil occupy it, shaue the Patient in the necke, and annoint him by the fier in the ioint next to the head, and it shall helpe the grieued.

Another experiment for the Lytargy in the head.

¶ Take and make the decoction of Tutsan, Smallage, and of Sage in salt water, and wash the hinder part of the head therwith Also take and seeth Castoreum in strong vineger, put therto of the powder of Anacard, and annoint the hinder part of the head therewith.

Another for the Lytargy in the hinder part of the head.

¶ Take and chop the roots of Siperus very smal, and seeth them in oyle till the oyle be nigh wasted, then lay the residue that is left on the hoat coales, & let the Patient take the smoake thereof at his mouth and nose, and it will helpe him. Also binde the powder of Eustorbium in a fine cloth, and hold it so to his nose that he be constrained to neese. Or else take and make an oyntment of Eustorbium, of Pepper, and of Castore, with oyle of Muske, or common oyle with these powders, and iuice of Gourds, and annoint and rub the hinder part of the Patients head, proued.

For to purge the head and to clense it

¶ Take Pellitory of Spaine, and chew a good q
the roote in thy mouth three seueral dayes, and it sh
head, driue away the ache, and fasten the gummes.

or to purge the head an experiment.

ake the seede of Stoni sacræ, and beat it all to powder, hen it is beaten small, take a fine linnen cloth, and put the der therein and make thereof a little ball, the quantitie of a aselt nut, and put it in thy mouth, and role it to and fro betwixt thy teeth, chawang and holding downe thy head the space of an houre, and it will purge the head, and thy gummes, and keepe thy teeth from aking, this also cleanseth all filthynes out of the head and braine.

For to purge the head of what cause so euer.

¶ Take a handfull of Betony, a handfull of Cammomell, & a handfull of Uerualne leaues picked, stampe them, and seeth them in blacke Wort, or in Ale, and in the latter ende of the seething, put to it a little Comin brayed, the pouder of Harts horn and the yolks of two Eggs, and a little Saffron, and stir them well about, and lay a plaister therof hote ouer all his forehead and temples. Also if you put to it a little Uineger, it is a remedy for to purge the heade, and for the Meigrim beside.

Another for to clense the head, the brest, and the stomack.

¶ Take three handfull of Centory, and seeth it in a gallon of water, vnto a pottle, and then clense it, and put thereto a pint of clarified hony, and seeth it softly to a quart, and drinke thereof two spoonfuls at once, early in the morning & late in the euening.

For all manner of head ache.

¶ Take Uerualne, Betony, Wormwood, Celidony, Wal woort, Rue, and the barke of the Elder, Hony, and Pepper, & all whole stampe them together, and seeth them in water, and drinke it earely and late: Proued.

Another experiment for the same.

Take Rue, Hayhoue, Betony, Uerualne, Mintes, Hil- d Fenell Wormewood, Sothernwood, of each a hand full,

full, wash them, and shread them small, then seeth them with water in an earthen pot, and wash thy head with some of the water, then mingle the hearbes with Wheat bran, and make a plaister thereof, and lay it on the mould of his head, as hote as may be suffered: then bind it too with a Kerchiefe, and within fiue times dressing of the Patient, he shall be whole.

Another experiment for all manner of head ache.

¶ Take Rue, Veruaine, Wormwood Sage, Walwoort Heyhoue, red Fenell, Planten, the greene of an Elder, betweén the barke and the tree, of each a handfull, wash them, and stamp them smal, put them in a new earthen pot with a pottle of red Wine, and a pottle of stale Ale, seeth it to the halfe, put therunto a quarter of an ounce of Pepper beaten, and straine it through a cloth, and drinke thereof nine daies eight spoonefuls at once, at euening hot, & in the morning cold, and wash the Patients head with the liquor, and it will cure all manner of head ache.

Against the turne or daseling in the head.

¶ Let thy head be washed with the water of the decoction of three leaued Grasse, and lay a plaister of the hearbe to the Patients forehead. Also mints layd to the head taketh away the paines that come of a cold cause. Also Pilletoln laid to the head draweth out the corrupt humors: and the iuice of Onions cast into the nostrils, cleanseth the head. Also seeth Pentriall and lay it to the temples, or poure Walwine into the eares three or foure times in the Sunne, and it will cure the Patient of daseling in the head.

Another for daseling or swimming in the head.

¶ Take and make a plaister of Culuer dung and Wheate branne, temper them with the white of an Egge, and lay it the contrarie part of the head to that which is pained. Also the iuice of Iuie mingled with old Lard, is good for the swimming in the head. Also the pith of bread which was baken with Ander seede, laid to the head is good.

Against the rume in the head.

¶ Take and make a Pomander of the powder of Cucubes, Maces, Labdanum and Greeke Pitch: it doth remoue from the braine all superfluous humors: Maces and Cucubes chewed in the mouth do the same. A plaister made of Garlick and Cloues stoppeth that humor which causeth the rume. Also Isop boyled in the embers and so laid to the head, stoppeth the rume, and a little bag full of Darnell, Salt and Aniseede is very good.

A Gargell for the rume.

¶ Take Vineger, Mustard, a good quantity of Pepper, and boyle them all together, then let the party so greeued put a spoon full in their mouth and walke vp and downe, and when it waxeth cold spit it out, and take an other: and vse it for a time, and for euery one spoonfull, you shall void fiue, take it not in the frost this hath been proued.

For the rume an other experiment.

¶ Take iuice of Coleworts, and draw it into the nostrils and it purgeth the head: Sorrell beaten with the oyle of Roses is good for the ache of the head. For the rume in the eyes, take Time and eate it, and it drieth away the rume.

For the rume in the head, an other proued.

¶ Against cold rume, and other passions and swimming of the head, and such other qualities, take three Pills of Cassia, of Labdanum, & Storax Confecta, with the iuice of Wormwood when the cause commeth of the head, this comforteth the braine: also make a Fumigation of Cassia Ligna ouer hote coales, and receiue the smoake thereof at thy mouth.

A quilt for the rume, a speedy remedy, proued often.

of Olibanum, Bengeum, Storax Calamita, of each
ram, of Labdanū two drams, of Nutmegs, and
Cloues

Cloues of each halfe a dram, of Commin a scruple, [illegible] halfe a dram, of Maces halfe a scruple, of Iugula Romana a[illegible] of Bay-beries a scruple, of the flower of Roses, of Camomell, of Violets, of each a dram: of the flowers of Betony a scruple beat all these into grosse pouders, and so let them be quilted with good red Scarlet flocks, in a peece of blake Sarcenet, and so bee laid vpon the head to the nap of the necke and let it lye there the space of twenty houres, and then turne it, and thus for the rume it is most excellent.

An experiment for wounds in the head.

¶ For to cease the ache and swelling wounds that be sore in the head, or in any other place, so that the bones be not broaken. Take Hallowes, Wormwood, Betony, Egrimoup, Hilwort of each of these a handfull, wash them and stampe them, and put therto three ounces of wheate flower, as much Hony, as much Barrow greace, and stampe them together, and put thereto red Wine, and fry them, and lay them warme to the sore, but lay a red Cole leafe betweene the plaisters and the wound, and it shal cease the ache, and take away the swelling thereof.

For al manner of euill aches in the head.

¶ Take Betony, Veruain, Wormwood, Maybread, Rue, Mallwort, Sage, the barke of the Elder tree, three cornes of Pepper, and temper them togethe[illegible] in wine, and drinke thereof each day a draught, earely and late, till that the Patient be wel. Also take [illegible] gall of an Hare, and temper it with as much hony and annoint therewith the temples. Also Rue, and Eysell, and smere the head therewith, is wholsome. Also Camomell is good for the euening Feauer that holdeth a man or woman in the head. Also Fenel sodden in water, swageth the ache in man or womans head, when that the head is washed therewith.

Another for all manner of euill aches in the he[illegible]

¶ Take the greace of an Hart, and mingle it [illegible] meale, and Sorrell, binde them and temper th[illegible]

and plaister it to thy temples: for this hath been proued a right good medicine. Also take the iuice of Primrose, and the milke of a Cow, and with a pen draw it vp into thy nostrils and it shall purge the head, and shall heale the partie so greeued of the head ache.

For to make a man to sleepe.

¶ Take the leaues of white Poppy and red Nettles, and stampe them together, and put to it a little Beane flower, and lay it on a cloath, and so bind it to the forehead, and he shall sléep quietly.

To make one sleepe that slept not in a long time before.

¶ Take white Poppy séede, Aniseed, of each a like quantity and beate them to fine powder: then take Rose-water, the white of an Egge, and womans milke, and mingle al these together: but first beate the white of an Egge very much, and take away the froth: then take flocks as many as will lye ouer your forehead, and wet them in the liquor aforesaid: then sprinkle of the powder vpon it, and lay it in a pewter platter vpon a chafingdish of coles for to make it warme, and so lay it to the forehead, and the party shall take his rest and quiet sleep.

For to make a man to sleepe.

¶ Take the leaues of Elder, and warme them betwéen two tiles, and bind it to the nape of the necke and [illegible] make him to sleepe. Also take the leaues Scala cæli, put them in a pot, and seeth them well a good while, and at euen wash well thy feet and legs vp to the knees with that water, and no higher, then goe to bed, and thou shalt sleepe soundly.

For to make a man to sleepe.

¶ Take a quart of Almonds blended, and halfe a pound of Aniseed, three times washed in cleane water, and sixteene stampe them together, and put thereto good stale Ale, and take

take an ounce of Poppy seed bruſed, & lay it in Ale thr
houres, and ſeeth them together, and ſtraine them, and g
ſick to eate of it, and it ſhall make him ſleepe.

For to make a man ſleepe, and for to come to quiet reſt.

¶ Take red Roſes, Violets, the water of Melilot, Lettice, of each a like quantite a handfull: white Poppy, white Henbane, of each halfe a dram, a little Dill ſeed for to comfort the braine, bray all theſe together: then put them in a ſoft linnen cloth twelue inches long, and three inches broad, quilt it & tye it to his forehead. Alſo take oyle of water Lilies, Poppy, Nightſhade, Roſe-water, Vineger, and womans milke, dip flax therin and binde it to his temples: this hath been often proued.

For paine in the eares.

¶ Take the iuice of wild Cowcumbers, and put it into the eares, and it aſſwageth the paine. Alſo put the wood of greene Aſhe in the fire, and ſaue the liquor that commeth out at the end and put it into the eares, it cauſeth the paine for to ceaſe, and amendeth the hearing. Alſo beate the iuice of Wormwood, and dropt it into thy eares: proued.

For paine in the eares.

¶ Take and mingle the iuice of Betony with oyle of Roſes and put it warme in the eares with a tent, and ſtop them well. Alſo take faire oyle Oliue, and let it be blowen out at a mans mouth that is cleane and faſting into the eares of a ſick man, let this be done three or foure times, and let that ſide of the head be turned downward, that the odour of the head may run out. Alſo take Almonds and the kernels of Peaches, & let them be cleane pilled in hote water, and make oyle of them, and let the oyle bee put into the eares of the Patient ſo grieued.

For the paines in the eares.

¶ Take oyle of Roſes, and a little Vineger, & put i
eare: then make a bagge of Camomell and Melilot,

thereunto. Also Goose grease being taken with a a little hony, allwageth the paine of the eares. Also oyle of Almonds is very good for the payne in the eares : Also if there be water in the eares, take a little Goose greace, and the iuice of Onyons commixed together, and so lay it to the eares, proued.

For deafnes in the eare.

¶ Take a peece of greene Ashe and put it in the fire, & take the droppings of that water, and take the droppings of a fresh water Eele, the oyle of bitter Almonds, of euery one a equall portion, warme it by the fier, and let it drop two or three drops in the eare so greeued, then take blacke Ewes woole, & dip the woole therein, and put it into the same eare, and it will help the Patient so greeued, by Gods grace. Also take Betony, & Horehound, stampe them in a morter, and wring out the iuice, and let the patient lye on that side. and so poure it into his eare, and let him take his rest: this hath been proued.

For deafnes in the head.

¶ Take a Hedghog and rost it, and take the dropings thereof, and put it to the patients eares so grieued, and stop it with black woole, et fiet. Somtime there chanceth deafnes by wind, which is in the eare, the which causeth tynkling in the head, then take a little Aloes in in hot water, or in white Wine and distill it into the Patients eare, then put a little Eustorbium in powder into the parties nose so greeued, to make him to neese, and to avoyde as much filthy humors as you may.

Another for deafnes in the head

¶ Take Secados, Bay berries, Betony, Bay leaues, of each of them a handfull, seeth them in white Wine to the halfe, and for an old man in Malmsie, then put it in a vessell that hath a narrow mouth, and hold your eares ouer it being vnstopped, as hot as you may suffer it, being not to hot nor to cold: also three drops of the oyle of Almonds, doth the same.

For

For woormes in the eares.

¶ Take the iuice of Woormwood, Rue, Sowthistle, & put it in the Patients eare, and he shall be whole. Take the iuice of Elder, and drop it into the eare of the patient greeued. Or take the iuice of Cockle, and mingle it with the iuice of Arsmart, and put it into the eares so greeued.

For ache and wormes in the eares.

¶ Take the iuice of Henbane and put it into thine eares and it will take away the ache, and kill the woormes. Also take the powder of wild Gourds, and the iuice of Arsmart, and put it into thine eares: Also for the woormes in the eares, take Centory and Leekes, the iuice of them both, and put it into the eares, and stop it with blacke wool of a Sheepe, that groweth betweene the legges, and it will help the patient.

For wormes in the eares.

¶ Take oyle of Roses, oyle Olive, oyle of Ereter, Aqua Composita, of each of them a like quantitie, & compound your Aqua vitæ with other oyles on the fire: then take Rue, and the egges of Ants, beate them small, and compounde them altogether being well boyled, and then put it into the eares, dropping it in, three or foure times, and he shall finde ease.

To cause a man to heare well.

¶ Take and make a round loafe, and fill it full of Sage, and bake it, and when it is baked, then breake or cut the loafe in the midst, and binde it to the eares as hote as you may suffer it: let this be vsed three or foure times, and it will cause the patient so greeued, for to heare well.

For the running in the eares.

¶ Take the iuice of Elder, & drop it in the eare of the partie greeued, and it clenseth the matter and the filth thereof. Also the iuice of Violets vsed, is very good for the running of the eares.

[illegible] gall of a Weather, and Honny, of both a like portion: mingle them and put them into the eares.

For the running in the eares.

¶ Take the gall of a Goate, & womans milke mingled with Honny and Mirrh, and it will helpe you. Also boyle the iuice of Sengreene, and put it in a hollow Onyon in the fire, then put of the same iuice strained into thine eare, and lay the Onion likewise ouer thine eare in a manner of a plaister. Also the vrine of a man child being powred into the eare, drieth the humors, and taketh awaie the running of the eares.

For the impostume behinde the head.

¶ Take Beanes and mingle them with meale, & the iuice of Fenegreeke, and it helpeth the patient so grieued with the impostume behind the eare, but it must be laid plaister wise.

Another for the same.

¶ Take Milke and Allom and make a posset, and when the Allom hath turnd the milke, lay the posset curd to ỹ impostume, and it will breake it. Also to destroy an impostume in what place soeuer, take the roote of Hollock and wash it cleane, then seeth it till it be tender, then put out the water, and put to the roote Linseede and Fenegreke, and Barly meale, mingle them well together, and fry them with Bores greace, and lay it to the impostume plaister-wise, and it will cure the same.

For all manner of sore eyes.

¶ Take Fennell, Rue, Ueruaine, Enfrance, Endiue, Betony, and red Roses, lay all these a day and a night in white wine the second day still them with a soft fire, then keepe it in a glasse, this water is as good as Balme, for all manner of euill eies.

Another for the same.

¶ Take Fennell, Rue, Ueruaine, Enfrance, Betony, Endiue, Seagreene, Hill-woort, Penerial, redde Roses, Maiden haire,

haire, of each a like much, also four ounces of ople Olive, stamp them, and put them in a vessell of glasse, and still them in a stillatory, and as it stilleth part it in three parts, the first water you must keepe by it selfe, for it is as precious as siluer, the second as gold, the third as Bawme: all these waters must be kept in verie cleane glasses, close stopped, and so vse any of them.

A precious water for the sight of the eyes, made by King Edward the sixt.

¶ Take Smallage, red Fennell, Rue, Veruaine, Betony, Egremony, Pimpernell, Enfrance, Sage, Selondine, of each a like quantitie, first wash them cleane, then stampe them, and put them in a faire brasen pan, with the powder of xv. Pepper cornes, faire serced into a pint of good white wine, then put thē into the hearbs, with three spoonefuls of Honny, and fiue spoonfuls of the water of a mans child that is an innocent, mingle al together, and boyle them ouer the fire: and when it is sod, straine it through a fine linnen cloth, and put it into a glasse, and stoppe it well and close till you will vse it, and when you need, put a little thereof into the sore eyes with a feather: but if it ware dry, then temper it with white wine, and it profiteth much all manner of sore eyes: this water was vsed by King Edward the sixt.

For the pin and the web, and the fellon in the eye.

¶ Take the gall of a Hare, and Honny, of each a like much, mingle them together, and take a feather, and put a little into thine eyes, and it will heale them within two or three daies, and saue the sight on warantise: this hath been often proued.

For the pin and the web in the eye.

¶ Take a quart or a pint of Strawberies when they bee ripe, and put thereto asmuch white Wine as Strawberies, then put them in a cleane vessell, and let them stand nine dayes hote, stirre them very well euery day twice or thrice, and the tenth day put it in a bag of Canuas, and let it go through hote,

must not wring it hote, let it go through of it selfe, thē take the cleere, and put it in a viall of glasse, then take Calami, that is, a stone, and put it in the fire, till it be red hot, and then quench it in white Wine nine seuerall times, and when thou hast done thus, take the same stone and beate it to small powder in a brasen morter: if you haue a pint of Water, then put therein one ounce of the said powder, and mingle them well together, and keepe it well, for this is a precious water for the pinne and the webbe in the eye.

Another for the same.

¶ Take Enstras a good quantitie, and stampe it well, and wring out the iuice through a cloth, and vse it. Or take Beares greace, Capons greace, Goose greese, and melt them together in a pan, stire them well with a stalke till it be well boiled, thē let it coole, and put it in a bore, and at night vse to put a little thereof in the eye when thou goest to bed, lying vpright.

Another for the pin and web in the eye.

¶ Take an Egge and roste it hard, and in the white therof put as much Copras as a pease: then being hote, wring it thorow a cloth, and let it drop in the eye one good drop, this hath often been proued good both for old and young.

For to cleare the eye sight.

¶ Take and chase the greace of any maner of fresh fish water against the Sun, till that you haue the slime therof, mingle it with Honny, and therewith annoint thine eyes.

For to cleare the eye-sight.

¶ Take and drinke the iuice of Rew, and it will so cleere the eye-sight, that if the Sun do shine ye shal see the starres at noone day. Also take the gall of a Swine, or else the gall of a white Cock, and put it in a glasse, and annoint the eyes therewith nine [illegible]s, and thy sight shall be as cleere and perfect as euer it was, [illegible]ath beene proued.

For

For the pearle in the eye.

¶ Take white Ginger, and rub it on a whetstone of Norway, into a pewter sawcer, and doe thereto white Wine, and then take a feather and wash the eyes therewith: proued.

A precious water for the pearle in the eye, & for red blered eyes, and for to keepe a man yong.

¶ Take Lumuell of Gold, of Siluer, of Laten, of Lead, of Iron, of Steele, of Litargie, of siluer and gold, with a little Camomill, and as much Columbine, put these into the wine of a male child, and let it stand a day and a night, the second day, in womare white Wine, the third day in the iuice of Fennell, the fourth day in the iuice of Egges, the fift day in womans milke, the sixt day in red Wine, the seauenth day in the white of Eggs the eight day put them together and still them, then put the water very close in glasses for your vse. This water destroyeth all euill in the eyes. Also if it be drunke, it keepeth a man young, and is of wonderfull great vertue.

For bleered eyes.

¶ The iuice of Cowslips, and the water thereof distilled, being taken and the eies annointed therewith, helpeth all bleared eyes, and taketh away the rednes.

For heate and swelling in the eyes.

¶ Take white bread, and Southernwood sodden in water, and therewith bath the eyes, and it will draw away the heate and swelling of the eies without any paine. Also for swelling or running of blody eyes, take and seeth red Snailes, and gather the greace therof, and annoint thy eyes therewith, and they shall be whole by Gods grace.

For smarting of the eyes.

¶ Take Womans milke, and the iuice of centory & mix them together, and wash well the eies therewith. Also the iuice of Betony is very good with white wine: proued.

For a mans eye that is blew or black, with a blow or a bruse.

¶ Take the white of an Egge and Parsly, and beat them together, and make it as thicke as an oyntment, and lay it to the eye-lids all cold. Also take the gall of a Hare, & temper it with Honny, and annoint the eyes therewith. Also take red Snailes in water with Capons greace, and annoint the eyes therewith.

For running or waterie eyes.

¶ Take of Betony and Hony, a like quantitie, fry them, & straine them through a cloth, and annoint the eyes therewith. Take also Columbine and wring out the iuice and annoint the eyes therewith. And take a red Colwoort leafe, and the white of an Egge, and annoint therewith the watery eyes when thou goest to bedde. Also to make the eyes cleare and bright, take the blood of small Birds and Honny, and annoint the eyes therewith and thou shalt clearely see.

For blood-shotten eyes.

¶ Take the tops of white Wormwood, and the leaues of Filladane, stampe them and mixe them with the white of an Egge and Rosewater, and make thereof a plaister, then bind the same to your eyes at night when you goe to bed, and it will helpe you.

For to driue blood from the eyes.

¶ Take the powder of Commin, of Warmote, & the white of ten Egge, make a plaister hereof vpon hard Flax, and lay it to the eyes. Also for to cleare the eyes, take Mal-wort, Rue, red Fennell, stampe them together, and temper them well with white Wine, and straine it through a linnen cloth, and so drop it at night into thine eyes, lying vpright in thy bed.

For bloody and watery eyes.

¶ Take a quart of white Wine, and put thereto the fatte of peeces of Bacon, the breadth and thicknes of a groat, and a good

good sauter full of honie, and put them in a Latin bason cleane scowred, and stir them well together, and couer them with another bason the space of nine dayes: then take of the bason and ye shall find a creame, breake the creame a little, and poure out the water that is vnderneath softly into a glasse, and that water will healpe all manner of red eyes and watering, vse it dayly, and put one drop into thine eyes twice a day.

Another for bloody eyes.

¶ Take the iuice of Rue, and powder of Commin, mingle them together then take Cotten and dip it well therein, and lay it to the eyes, and also annoint the temples, the browes, and the lids of the eyes therewith. Take also the roots of red Fennell, stampe them and wring out the iuice, then temper it with clarified honny, and make thereof an oyntment, and annoynt thy eyes therewith, and it will take away the rednes.

For the eyes that are blasted.

¶ Take Tutty and Calamint, and wash them with white Wine nine times, then grinde them vpon a stone with some of white Wine, and with Goose greace, and Capous greace, put thereof in the eyes early and late: this hath been proued.

A medicine for a mans eye that is broken with a staffe, or bruised with any stroke: this hath been oftē proued

¶ Take a pint of white Wine, and a handfull of red Rose-leaues and as much Commin as thou canst hold in thy hande, and put all together, then seeth it well til most part be consumed then take that liquor and put it into a glasse, and put thereof into thine eyes, do this fiue or six dayes, also wash the sore eyes therewith: and at night make a plaister of the same leaues that be sod, and lay them likewise vpon the sor eyes, and this will certainely heale the eye, though the ball thereof be cut or bruised with a rod or staffe, or any other kind of bruse in the eye, stanching of what cause soeuer. Proued.

For the itching of the eye.

¶ Take the oyle of Tutty, and annoint the eies therewith. Also Sumace is good for the itching of the eyes caused of hote humors, and wash them with that water before expressed.

A precious medicine proued, for man, woman, or child, that hath any sore eyes. And this medicine neuer faileth, but restoreth the sight.

¶ Take a stone called Calamint, and make it red hote nine times, and quench it foure times in Rose water, and fiue times in white Wine, then take this stone that is thus quenched, and make of it small powder in a brasen morter: then take Frankensence, as much as of the powder of the stone, and make it also to powder, and looke that you haue of thē two euen portions, as much as you will: then take Rose water, & the water of Rue, and water of Fennell, of each of these three two portions: of the water of Strawberies, and the water of Uernaine, and the water of Endiues, of each of these three, three portions, and put all these waters together in a cleane vessell, and then looke how many ounces thou hast of thy powder, two ounces of the aforesaid waters that be mingled. Grind ỹ ponder of Calamint & of Frankensence on a marble stone, as you would Grind Uermillion, but you must grinde each one by it selfe, then take fresh Swines greace of a Barrow hog, and wring the same verie well through a cleane cloth, and looke that you haue asmuch weight of cold greace, as of the mingled waters: take then the powder of Calamint, and boyle it with the greace, and with the mingled waters, ouer a soft fire of Char-coles, without any smoake. And when thou hast boiled these well together, put vnto the same the powder of Frankensence, and then boyle them all to gether, till the smoake of the boylinge cease, and then take it from the fire and let it coole: but from the time that you sette first to the fire for to seeth, be alwaies stirring it very busily, be cold and thick. Then take Camphire, & pare it in small peeces,

peeces, then take of the ointment euen as much, and grind them together by parcels on a Marbleſtone, and when they bee well mingled together, then put it in a boxe, with one ounce of Calamint, and one ounce of Frankenſence, Enfrance three penny-worth, and three penny worth of Camphire, ¶ he that hath any greeuance or ſickneſs in his eyes, at night ſitting on his bed, let him take this oyntment with his finger, as much as a Wheate corne, and hold it in his eye vntill it be relented, and then dippe his finger with the oyntment ſoftly betweene the lids of his eies, and then let him lye downe and ſleepe, and on the morrow whē he riſeth, waſh the eye with Roſe-water, or with Enfrance water, or with Fennell water, or with Rue water: theſe waters be good therefore, but ere thou waſh thy eyes therewith, heate the water a little ouer the fire, but looke that you waſh not with faſting ſpittle, nor with no other thinge, but with one of theſe waters before ſayd, and thou ſhalt bee whole: this hath beene ſurely proued.

For the Impoſtumes in the head.

¶ Againſt the impoſtume of the eyes, and web of the ſame, put the iuice of Hony-ſuckle often therin, or mingle it with pure hony and ſtraine it, and it waſteth the Impoſtume and the web marueilouſly, and it was thus proued. One tooke a Cock and a Whelpe, and pricked their eies with a crooked Iron or needle, ſo that they ſeemed that their eyes were out, and then hee bruſed this hearbe, and put it in their eyes, and they became faire and cleare as they were before, at the which he did marualle: and proued it many times vpon diuers perſons.

For wormes in the eye-lids.

¶ Take Salt and burne it in a cloute, and temper it with hony, and with a feather annoint the eye-lids, when the party goeth to bed.

For wormes in the eye lids.

¶ Take Bay ſalt and burne it in the fire, and then ſtampe it and doo thereto clarified hony, and the water of Allome,

a little Copperas, and annoynt the eye lidds when thou goest to bed, and this medicine shall kill the wormes that be in the eye liddes: proued.

For stinking at the nose.

¶ Take Cloues, Ginger, & Calamint of each a like much, and seeth them in white Wine, and therewith wash thy nose. After that put in the powder Piritrum to prouoke one to neese: if there be repletion fleame in the head, first you must purge the head with Pylls of Cochie, or of Hiera picra. Also if the stinking of the nose come from the stomack: first purge the stomake et fiet.

For the polix of the nose.

¶ Against the polix of the nose, make a suppository or tent of a plaister called Apostolicon, and put pouder of Copperas theron, and put it into thy nose, or make that tent of cotten, and wet it in Salt-water, and lay of the said powder thereon and put it in thy nose. The said powder is also good to fret the proud flesh of superfluitie of bloud of the nose: but first burne it, then put it in old Parchment and make powder thereof, and take Mastick, and then make a tent of Bursa pastoris, with part of a stone called Emachitis, and put in thy nose.

For the polix of the nose.

¶ To take and put the iuice of Iuy into thy nostrils, is very good. The gum of Iuy made in an oyntment called Dialtheria hath power to chase & to consume. Also against the polix make a tent of Apostolicon, and the powder of burnt brasse, and lay it to the nose, et fiet.

For the pose in the head.

¶ Against the rume or pose, mingle the powder of Cominseede, and Bay berries, and put them all hote in a bag, and lay them to the head for the pose.

For

For the nostrill a medicine.

¶ For the highnes of the nostrils, and rednes caused in flux of humors: take the broth that Olibanum is sodden in, but first in the morning Pils of Olibanum, and at night to bedward the said broth: these Pils comforteth digestion, and purgeth the stomack.

For bleeding at the nose.

¶ Take and mingle the powder of Betony, with as much salt, and put as much as you can take between two fingers and a thomb in the nostrils, and the blood will staunch: also take and wet cotten in the iuice of Bursa pastoris, and cast powder of Antimonium vpon it, and the bleeding will stent.

For bleeding at the nose.

¶ Take a dram of Bole armoniacke washed, and mire it in Rose water, and Planten water, and drinke it, then binde the extreame parts as hard as you may, and after make a tent of greene Nettles, and put into his nose. Moreouer if so be that the Patient do hold in his hand Egrimony the roote and all, and drinke the iuice of Knotgrasse, the blood will staunch.

For bleeding at the nose.

¶ Against the bleeding of the nose that commeth by ebullition, or boyling of the blood in the Iuer and vaines: in Sommer make Beanes wet in the iuice of rose water and lay them to the forehead, or temples: it hath been proued.

Another for the same.

¶ Take Peruincle and chewe it in the mouth, and it will staunch the blood.

Against the bleeding at the nose.

¶ Take and wet the pith of an Elder in the iuice of Bursa pastoris, and cast powder of Sumac theron, & put it to thy nose. Also take and wet cotten in the iuice of Bloodwort, and put it into thy nose, and it staunceth blod. Also take the iuice of Nettles, and rub well thy forehead therewith, and it will staunch

Take the seede that hangeth vpon a Hasell bow and burne it, make powder and blow it into thy nose, with a Goose quill, or drinke that iuice of Planten, and the blood will stanch presently.

Another experiment for the tooth ache.

¶ Take Betony & wild Gourds, and put them in Wine or in Vineger, and then put it into thy mouth as hote as thou maist suffer it, and hold it a good whyle in thy mouth, and it will take away the paine. Also take Henbane and bruise it, and hold it between thy teeth a good while, or lay it also vpon the tooth that aketh, and it will asswage the paine. Take three or foure Rases of Ginger, and bruise them with halfe a pint of Ale, being sodden therein till it bee wasted to a quarter, and put it into the parties mouth as hot as he may suffer it, and it will take away the tooth ache.

For the tooth ache.

¶ Take strong Ale, and Mustard of the best, and gumme Elder, and put it in a Porrenger and set it on the fire, and stirre it, and when it is thicke, take it and hold it on that side that the paine is. Also take Henbane seed, and seede of Leeks, and Frankensence, of each a like much, and lay these three on a glowing hot Tilestone, then take a pipe of Laten that is wide at the lower end, and small above, then set the wide ende to the stone, and the small vpward, and let the smoake go into the mouth: for this will kill all the wormes: it hath been proued.

For the tooth ache.

¶ Take the roote of Henbane, & seeth it in Vineger till the third part be sodden away, and with the same wash thy mouth, and hold it in thy mouth a good while, & it will kill the ache. Also take the roote of Henbane, and hold it between thy aking teeth and it will doe away the paine thereof.

For hollow teeth.

¶ Take Assafetida, & put it in the hollow tooth, and it shall helpe them. Also take Rue and lay it to the hollowe teeth, and chew

chewe it in your mouth, and lay thereof into the hole, and it shall asswage the paine thereof.

For hollow teeth.

¶ Take Vineger and Mustard, powder of Pepper, & Pellitory of Spaine, and the curnell of a Nut gall, and boyle them altogether, and put it in the hollow teeth, or else about the gums hot, and thou shalt be whole. Also take the seedes of Henbane, and beate it to smal pouder, and mingle it with Wax and make a little pellet that it may be full of powder, and put it in the hole of the tooth that aketh, and it will kill the tooth ache that is hollow: this hath been proued.

For wormes in the teeth.

¶ Take Pepper and stamp it, & temper it with good wine, and sup thereof warme, and hold it in thy mouth till it be colde, and then spit it out, and thou shalt be deliuered of all anguish of thy tooth ache. Also take the seede of Henbane, and cast it on a chafingdish of coles of Charcole fire, and hold thy mouth ouer the fire that the smoake may enter into thy mouth ouer a bason of faire cleane water, and thou shalt see vpon the water as it were small wormes, that shall come forth at thy mouth. Also take Tansie, bray it, and stop the hollow tooth therewith, and it will kill the wormes, and take away the paines thereof.

Another for the same.

¶ Take the roote of Pellitory of Spaine, and wash it clean, and stampe it, and make thereof three small balls in thy hand, euery ball the greatnes of a plum, and lay the first ball betwéen the cheeke and the tooth that aketh, by the space that one may goe a mile, and euer as the water gathereth, spit it out, and when thou thinkest it hath beene there so long, put it out, and put in another, and so doe till thou haue spent all three, and then lay you vpon your bed, and couer you warme, and when you haue slept you will be whole: this hath been often times proued true.

To make teeth to fall out of them selues.

¶ Take ground Wormes, and a red hote Tilestone, and burne them to powder, and put the ashes into the hollow toth, and couer it with wax, and they will fall out themselues. Also take the roote of Henbane, and make it in pouder, and touch the tooth and it will fall out, take heed that thou touch not any but that which is sore. Also burne to powder a Harts horne, and rub thy teeth therewith, and they will fall out. Also make dowe of Wheat flower, with the milk of spurge, & lay it about the toth that is pained, and it shall fall out. Also take a water Frog, and a greene Frog, and seeth them together, and gather the greace, and smere therwith the gooms about the teeth, and they will fall out quickly.

For yellow stinking teeth.

¶ Take Sage a quantity, & do as much Salt thereto, and then coffin it, as thou wouldest make a Pasty, and bake it in an Ouen all to coles, and thereof make powder, and therewith rub thy teeth. Also take greene branches of Broome, and burn them and make pouder thereof, and do therto of as much of the pouder of Allom burnt, then mingle them together, and temper them with water, and therewith rub well thy teeth, and that will do away yellownes and blackenes, and the stinking of the teeth. Also take a handfull of Comin, and stampe it small, and seeth it in Wine, and giue the party so greeued to drinke twenty dayes, and it shall heale them. Also Mastik chewed within a mans mouth taketh away tooth ache.

To make teeth white that be yellow or blacke.

¶ Take flower of Rye, and Salt, and Honny, and mingle them well together, and therwith rub well thy teeth euery day two or three times, and after wash thy mouth with water, this will doe away the yellownes, and make the teeth white. Also take white Marble, Cuttle bone, white Coral, Salgeme, Bay salt, Mastick, and the Pills of Citeron, of each of these a like much, make them in very fine pouder, & rub the teeth therwith

euery

euery morning, and afterward washe your mouth with white wine, wherein Dill or Camomell hath been sodden. Also take Vineger of Squils, and dip a little peece of cloth therein, and rub thy teeth & gooms withall, the said Vineger fastneth the gooms, and comforteth the roots of the teeth. Also scurvy Grasse doth the same. Also distill a water in a Limbeck of two part of Salgeme, and the third parte of Allom, & rub the teeth with a cloth dipped in the same, & it maketh the teeth white, and clenseth the gums.

To make the teeth cleane.

¶ Take Rosemary, Sage, and a quarter of Allom, and Honey, and boyle them together in faire running water, and when it hath been well boyled, straine out the faire water, and keepe it in a glasse, & vse it somtime to wash your mouth & the teeth therwith, and it will make them cleane. Also wash the teeth with the decoction of our Lady thistle roote, and thy teeth shalbe fastened, and also kept cleane, and thy gooms being sore about the teeth shall be made whole. Also the roote of Horehound drunk or chewed of a man fasting, doth quickly heale the goommes, and maketh the teeth cleane. Also Strawbery leaues taketh and clenseth the teeth and gooms: a sure and tried experiment.

For the goommes.

¶ Against swelling of the gooms, wash them first with vineger and Allom confect together, but first set Ventoses, or bores with scarification on the neck or shoulder, or set the Ventoses in the hinder part of the head, and scarifie it three daies, then lay Horseleaches to the gooms, and wash the gooms with Vineger wherein Allom, Nutgalls, and Roses hath been sodden in, and with the same vineger wash thy mouth three or four daies twice or thrice a day, and it will ease thee. Also against the rottennes of the gooms: take Cingstie and rub the cheeke therewith, and it taketh away the rotting of the gooms.

For the goommes that bleed.

¶ Against the bleeding of the gooms take powder of Corel and of Anthero that is in the middest of the Rose, and lay

by

on the gummes: or confect it with Honey, and annoint the gums therewith. The powder of Coral put to the gums healeth them. Also for the gumes that rotteth, rub them with Myrrhe, and it will helpe them. Also the fume of Myrrh received at the mouth comforteth and purgeth the braine.

For the gumes that are gnawne.

¶ Take and seeth Cloues in water of Roses, and then dry them, and make thereof powder, then temper the powder with Rose-water, or with Roses, and that is best, and then dry it againe in the Sunne, and do so three or foure times, and then temper the powder againe with Rose water, or with the iuice of Roses, and annoynt the gummes therewith, and lay the powder on them.

For Blisters in the mouth, and swelling of the lips.

¶ Against the blisters in the mouth, and swelling of the lips: Take and seeth the leaues of Mastick in Vineger, and with the same make a Gargerisme thereof. Also against sleaing or rawnesse of the mouth comming of Feauers, and against small blisters and swelling: seeth yolkes of Eggs in water, and then fry them till oyle come out of them, and with the oyle confect the powder of Pennets, of Dragagant and Arnidon, and annoynt the greese: this powder Confect with strop of Roses or Violets, is also very good therefore.

For chapping of the lyps.

¶ For the chapping of the lippes: take Pennets and delay them in water of Dragagant, and annoynt the lips therewith Also for lippes that bee broken with the wind, take the oyle of Almonds and Propolio, boyle them ouer the fire, and let it be somwhat hard, and therewith annoynt thy lips so chapped with wind. Also for new clifts, or chapping of the lips: lay the pouder of Cauell in the clifts, and keepe well thy lipps together, and binde a cloth thereto.

For

For swelling of the cheeke that commeth of the tooth ache.

¶ Take the iuice of the seed of Nettles, and the white of an Egge, Frankensence, and Wheat flower, and make thereof a plaister, and lay it to the sore cheeke, and it will do away the swelling thereof.

For the great heate in the mouth.

¶ Take a pint of water, and as much as a Nut of white Allom, and as much of Sage, and a spoonfull of hony, and boile all these together, and wash thy mouth with it.

For the canker in the mouth.

¶ Take a pint of white wine, and as much running water and the crops of Sage, two spoonfull of life honey, and as much Allom as an Egge, boyle all these together, and skim it well, clarifie it till the Allom be consumed, and when it is somewhat cold, put it in a glasse, & vse it. Also take the roote of Selendine, and seeth it in white Wine, and when it is well sod, take the pot down, and let the sicke hold ouer his mouth, and let the breath goe into the body, and it shall kill the canker.

For the canker in the mouth.

¶ Take the iuice of Woodbind, and the iuice of red Worts Hony, powder of Cammemell, and powder of red Sage burnt, also take red Wine a pint, a quarter of a pint of honey, and as much Allom as a Doues Egge, and seeth thē till the third part thereof be wasted: proued.

Another for the same.

¶ Take Vineger, Allom, Mustard, Rue, Auence, Isope, bearb Robert, and seeth and straine them through a cloth as hot as you may suffer it, and wash your mouth oftentimes therwith and it will heale the canker.

For the the canker in the mouth, and for stinking breath.

¶ Take a handfull of woodbind, as much Planten, and bray them small, then take a pint of Eysell, and another of water, and a quantitie of Hony, another of Allom, keepe all these waters together in a glasse, and wash well thy mouth therewith, and hold it in thy mouth, and it shal destroy all cankers and stinking breath, and saue the teeth from rotting.

A very good medicine for a canker or sore mouth.

¶ Take a handfull of Woodbind, as much Planten, and halfe a handfull of Lauender cotten, as much Sage, an ounce of white roch Allom, and three spoonefull of Hony, bray all these in Vineger, let these be moderatly warmed, and put into a still with the hearbs, and softly distilled, and after meales wash your mouth therewith three or foure times a date: Proued.

Against clifts and sores in the mouth, steepe Dragagant in Rose-water, and wring it in a cloth, & with a glewy substance that commeth out, mingle the powder of Amidum, and with a feather wet therein, annoint the sore mouth therewith, and it wil heale quickly.

Also for a man that cannot well eate, take Ambrose, Pennitall, Aunce, Ache, Organum, Rue, swill these together with water, and drinke the water morning and euening till thou bee whole: Proued.

For euill in the mouth or throat.

¶ Take the leaues of the white Mine, and boile them in faire water, and when it is well boyled, hold thy mouth ouer, that the aire may goe into thy mouth, and then sup of the water, and hold it in thy mouth till it be cold, and then put it out and take more, and doe so seauen or eight times a day, and vse this two dayes together. Also doe in like manner with the fiue leaued

leaued Graſſe, and vſe it ſeauen or eight times in a day, and three dayes together, but it muſt be ſodden ſomwhat more then the leafe of the Vine, in faire water, and it will heale the patient: this hath beene often times proued.

For vnſauery mouthes.

¶ Take the iuice of Endiue with Suger, and if the iuice be thicke or troubled, clarifie it, and ſo may all other iuices in this wiſe. Seeth the iuice of Endiue a little, and let it ſtand, and that which is thicke will go to the bottom, then take the thin liquor, and ſtraine it often through a cloth, and wring it, and with that iuice in the bottom, make ſirope with Suger: if you will make it thinner, put the white of an Egge thereto.

For ſtinke in the mouth.

¶ Take and make Pils of Caſſia lingua and eate of them, & they be good for the ſtinke of the mouth. Alſo for the ſtinke of the mouth cauſed of rottennes of the gums and teeth: take and waſh the mouth with water that garden Mints be ſodden in, and rub the teeth with the Mints, or elſe with the powder thereof. Alſo chew Maſtike, and it will do away the ſtinke of the mouth. Alſo take the iuice of Verualne, and bruiſe it, and put it in thy mouth, and hold it a good while cloſe in thy mouth, and it will take awas the ſtinke: proued.

To take away the ſtinking of the mouth.

¶ Take and waſh thy mouth with water and Vineger, and chew Maſtick a good while, and then waſh thy mouth with the decoction, of Anniſeeds, Mints, Cloues, ſodden in Wine. If the ſtinking of the mouth come of a rotten tooth, the beſt is for to haue it drawn out. Alſo you muſt waſh your mouth before meat and after with warme water.

For to cleanſe the mouth, and to purge the humors from the mouth, which deſcend out of the head, it is good euery morning faſting to waſh your mouth, and to rub your teeth with a Sage leafe, Pils of citron, or with pouder made with Cloues or Nut-

legs. You must forbeare all meates of euill digestion, and raw fruites.

For a stinking breath.

¶ Take oyle Doret, Turpentine, Honey, oyle Olive, Virgin wax, as much of the one as of the other, and boyle them altogether, and make an oyntment therof, and vse it euery day in the Patients nostrils, and let it be put into the nose euerie day with tents made of lynt scraped of fine linnen cloath, and he shall be whole.

For a stinking breath.

¶ Take the iuice of Hilwoort, or else take Butter, and the iuice of Featherfoy, and temper them with Honey, and euery day giue the Patient a spoonefull.

Another for the same.

¶ Take two handfuls of Comin, and stamp it to powder, and boyle it in Wine, and drinke the Syrope thereof morning and euening warme, the space of fifteene dayes, and thou shalt amend: this hath been proued.

For a good breath.

¶ Take and wash thy mouth with the water that the shels of Citeron haue been sodden in, and thou shalt haue a good breath. Also these confections make the breath sweet, the electuary of Aromatikes, & the pils of Citerons. Against letting of the breth caused of cold humors: take and drinke the hearb Dawk, or the liquor that dry Figs haue beene sodden in, and it will make the breath sweete and wholsome. Also take Mints, and Rue, wring the iuice in the sick bodies nostrils when he goeth to bed.

For the tongue.

¶ Against the sharpnesse and drinesse of the tongue, put this gum in water which is called gum Arabicke, till the water bee slymie, and with that slyme moist the tongue, or bind the gum in a thin cloth, and put it in water till it begin to melt, and with

the

the same cloth rub thy tongue, and it will take away the paine thereof. Also for the roughnesse of the tongue, put the seedes of Quinces, or the curnells in a fine cloth, and wash thy tongue therewith: also Psillium or the seede thereof.

For drines of the tongue, and for thirst.

¶ Against drinesse of the tongue of the Feauer Ague, put the seede of Fleawoort, and bind it in a fine linnen cloth, and then put it in cold water, and therwith wash and rub thy tongue, and scrape it with a knife. Also for thirst put the seede of Fleawoort in a bag, and lay it on the tongue.

For thirst in the tongue.

¶ Against thirst in the tongue, giue Ptysan or Dragagant, and it will be dissolued in a night, or make sirope with water that Barely and Dragagant is sod in, and it is conuenable for Feauer Agues, or if Dragagant be holden vnder the tongue.

For the palsie in the tongue.

¶ Take and vse great strong ground Mustard, the powder of Pions well scalled, powder of Sage, Nutmegs, and Suger, do these powders in the Mustard, and eate euery day at meales thereof, and it will take away the palsie of the tongue. And Mustard seed sodden in ople or wine, is very good against the palsie Also take the powder of Casterium, and hold it vnder the tong till il be molten or dissolued.

For the palsie in the tongue.

¶ Against the palsie of the tongue, that is, when the tongue is full of holes, and the Patient cannot speake, because the sinewes of the tongue is full of humors, as it appeareth often in Feauer Agues; for the same, chew the seed of Cresses, and hold it vnder the tongue: proued.

For him that hath lost his speach.

¶ Take Sage, Pimpernell, stampe them well, e annoint his tong vnderneth with the iuice therof, else take the iuice of Sage

and Pimpernell and do it in his mouth. Also take Ach. Hunts red Betony, and lay them into Goats milke, drinke it morning and euening. Also take three ounces of Betony, and sweet milke of a Goate, temper them together, and drinke it three daies together, this for the palsie is most precious.

To restore speech that is lost sodenly.

¶ Take Penirtall, and temper it with Eysell, and giue the sicke to drinke it: lay also a plaister of this to his nostrils so grieued.

For a man that sleepeth and cannot speake.

¶ Take Galbanum and set it ouer the fire with a candle and make it smoake, and put the smoake to his nose, and thou shalt cause him for to speake. Also take the iuice of Sage and Primrose, and do it in his mouth, and he shall speake by Gods grace. Also take the iuice of green Morrell berries, and clarifie it well, and drinke thereof and thou shalt speake.

Another for the same.

Take the iuce of Sothernwood, and temper it with Wine, and drinke it when thou goest to bed.

Another for the same.

¶ Take the crops of Rue, and the crops of Veruane, of each a like much, and drinke the iuice thereof when thou goest to bed.

For Sunne burning.

¶ Take the iuice of Lemons, with a little Bay-salt, & wash your face therewith, and let it dry, and doe so three or foure times and it will helpe you. Also take halfe a spoonful of raine water, and fill it vp with Veriuice, and seeth it till it be cõsumed a[illegible] and in the time that it is a boyling, fill it with the iuice of Lemons, and when it is sodden, take it off and let it coole, and then take eight new laid Egs the whits of them, and beate them fine and put fine Suger to it, and so occupy it for Sunne burning.

For

For red pimples in the face.

¶ Take a little Roch Allom, and breake it in small peeces, then take the white of a new laid Egge, and put it in a pan that is leaded within, set it to the fire till you see it boyle, and stir it all the while with a little stick till you see it wax hard, take this and wash your face therewith. Also take Rose-water, and water of wild Tansie, and mingle them together, and therwith wash thy face, and thou shalt be whole.

For pimples in the face.

¶ Take and wash your face whē you go to bed with warme water, and let it dry in: take the white of an Egge, and put it into a Saucer, & set it vpon a chafingdish of coales, and put into it a peece of Allom, beat it together with a spoon till it become thick, then make a roumd ball, and therwith annoint the parties face where the pimples be.

For heate and blaines in the face.

¶ Take the whites of two Egges, and beat them with an Allom stone till they come to curd, then take it, and set it vpon a few embers, and alwaies stir it as it doth gather to a curd, then take it off, and put it vpon a Painters stone, and put thereon Vnguentum populeō halfe the portion, and of allom as much as your thomb, so fine beaten as may be, and this grind withall the other ingrediens a long while, and put it in a glasse or pot, and therewith annoint thy face.

For a rich face.

¶ Take three yolks of Eggs rawe, as much in quantitie of fresh butter or Capons greace without Salt, Camphire, two penny worth, red Rose-water halfe a pint, two graines of Diuet, and boile all these together in a dish, & then straine them through a clean cloth, and so set it to keele, and take the vppermost and bor it. Also take Populeon, Brimstone, and fresh butter, and a handful of red Sage, and stampe them and straine, and then melt

all together, and put it in a boxe. Also take white Coperas one ounce, one pint of running water, and boile them altogether to the halfe, and skim it cleane, and straine it, and put it in a glasse, and set it in the Sunne, then wash thy face with a feather, and annoint thy face therewith morning and euening till it be whole.

For a sauceflamed face.

¶ To annoynt it by day, take eight penny worth of Camphire, and as much of Boyes greace as a costard apple, and mingle them together finely till you can perceiue none of the Camphire, then put it into a box, and keepe it as close as you can from the ayre. Also to annoint the face by night, take a quantitie of Deares suet, and put thereto a little Boyes greace, & a quantity of Brimstone, and boyle them together with a quantity of Coperas, and a pint of Vineger, or claret Wine, and after they haue been boyled, vse to annoynt thy face therewith.

To make a good oyntment for a sauceflamed face.

¶ Take an ounce of oyle of Bayes, and an ounce of Quicksiluer, & do them in a bladder together with a spoonfull of fasting spittle, and then rub them well together, that nothing of the Quicksiluer be seen, and then take of this oyntment when that it is made, and annoynt ỹ sauceflame face therewith, and it wil heale it well and faire, on warantise, proued true.

Another oyntment for the sauceflamed face.

¶ Take the rootes of Louach, and of Dock roots, the tops of nettels, and Cellendine a like much, the quantity of three ounces, halfe a pound of the Beanes of Parsley, and bray them well in water, & do thereto two pound of Boyes greace & stampe them well together, and let them stand still foure daies, after set it ouer the fire till it seeth, then straine it through a faire cleane cloth, and then put thereto fine Frankensence, Myrrh, and Mastick, of each an ounce, and let it boyle eftsone with a easie fire, & stir it well with a slyce, and then let it keele, and when it is cold put theron two ounces of Quicksiluer, and mingle them together,

ther, and therewith annoint the sauceflеame face, and this will heale the same, as it hath been oft proued.

Another medicine for a sauceflеame face.

¶ Take the petty Mozell and still therof a quart of water, and take a quarter of a pound of Camphire, and beate the water a little, then put the Camphire therein and mingle them verie well together, then put it in a glasse and stop it well, but you must bruise the mozell a little in a Mozter before you still it, afterward with this water vse to annoint the sauceflеame face, and it will heale the same. Also with this water you may heale any manner of sauceflеame face whatsoeuer, as by experience hath often been proued.

For heate or swelling in the face.

¶ Take and boyle the leaues or the blossoms of Rosemarie either in white Wine or faire water, and vse to wash thy face and hands therwith, and it will preserue thee from all inconueniences, and also make both thy hand and face very smooth.

For wrinkles in the face.

¶ Take white Wine, and a little Bziony, and a drie Figge that is fatte, and annoint your face therewith, then trauaile vpon the same till you sweat.

For a man that sweateth to much.

Take Linseede and Lettice and stampe them together, and lay it to the stomack of the partie that vseth to sweate much, and it will helpe him.

For to make the face faire.

¶ Take the flowers of Rosemarie, and seeth them in white Wine, with the which wash your face: also if you drinke hereof it will make you haue a sweete breath. Also to make the face white, put the powder of Sepia in opniment Citerium, and annoynt the face: Or make powder of the roote of Serpentine,

and of this bone, and mingle the same with Rosewater, and let it drie: and then put it to the same water againe, and let it likewise dry: doe this foure or fiue times, and then vse to annoint the face therewith.

For a childe that is iaw-fallne, or mold-fallne. or rooffallne.

¶ Take a handfull of Chickweed, and wrap it in a red Colwoort leafe, or else in a linnen cloth, & rost it in the hote embers in the fire, and it will become a greene salue, then lay thereof to the bone of the neck as hote as may be suffered, and take foure leauen of white Bread, and crum it on the molde of the childes head as a plaister, and it will raise vp the bone or molde, by the grace of God within nine houres.

For shortnes of breath

¶ Take a gallon of Ale, and put thereto a penyworth of Licoris scraped, and a halfe penyworth of Annyseede, a little Linseed, and a handfull of Isope, and asmuch Penertall, cleane washed: let them seeth to fiue pints, and drinke hereof morning and euening till you haue ease.

For a hoarce voice.

¶ Take the broth that red Collwoorts haue beene sodden in, and mingle it with seauen or eight Penids, and one ounce of sirrop of Maidenhaire, and giue it the Patient when he goeth to bed. Take Dyairis simple, and a losing of the same at morning, and also at night.

Another remedy for a hoarce voice.

¶ Take great Raisons, Figges, Sugar, Cinamon, and Cloues, of each a small quantitie, seeth them in good wine, and giue the Patient to drinke thereof morning and euening, two ounces at a time, except he haue a Feauer. It is also good to take morning and euening a spoonefull of the sirope of Inubes, mixed with a roote of Licoris in manner of a Loc sanum, if with the

the saide hoarcenes there discende abundance of water to the mouth. Also it is good for to make an electuarie of halfe Dyairis and halfe Diadrigantum, & vse hereof first in the morning, and last at night.

A very good medicine for to open the pipes, and to make the voice cleare.

¶ Take a Figge, and put it in the powder of Isope, and eate euery morning one at a time till you be well. This will helpe you on warantise.

For a sore throate or mouth.

¶ Take Cinckfoile a good quantitie & stampe it, and boyle it in faire water in a posnet, then hold thy mouth open ouer the fume thereof as hote as possible thou canst suffer it, that it may enter into the throate, and still as it cooleth in thy mouth, spit it out, and so take fresh and fresh.

A sirrop for a sore throat.

¶ Take halfe a pint of the iuice of Mulberries, a pint of clarified Honny, and a quarter of a pint of good Claret Wine, seeth them altogether till the liquor be consumed: take also sage, Sugar, Woodbine and Roses of each a handefull, seeth them in faire water till the strength of the hearbs be sodden, then take tenne or twelue spoonfuls of the foresaide sirrop of Mulberries, and put therein, and with this vse to gargell your throat lukewarme oftentimes, and spit it out againe: proued.

For a sore throat.

¶ Take oyle of Camomill & oyle of Violets, and the oyle of Almonds, and the greace of a Hen asmuch as of all the others, first wash it well and pick it, then mingle altogether, and annoint the throat therewith. Take the dung of an Asse, and the dung of Swallowes, and make it in powder, and put the same in wine and gargel it in your mouth and throate as hote a may be suffered. Take also the Swallowes in the nest, and a pounde

of the oyle of Cammomill, and the oyle of Almonds, as much of the one as of the other, and lay it to the place.

For the swelling in the throate.

¶ Take the greene barke of the Elder tree, and a little Bay salte, beate them well together till they be somewhat small, then lay the same to the swelling of the throat.

For the Quinsie in the throate.

¶ Take Cinckfoile, and seeth the same in running Water, and put it in a pot with a narrow mouth, and let the party greeued hold his mouth ouer the mouth of the potte, so that the fume may passe into his throate, and when the water waxeth colde, wash the throate well with the same, both within and without, and the disease will vanish away: proued.

Another for the same.

¶ First let the partie thus diseased, be let blood on the left arme or in the liuer vaine, three or foure ounces, and let him gargase it with Wine vineger and water warmed together, of each a like quantitie, gargase it oftentimes, and spit it out, and let him haue Methridatum in white Wine, and let him sweate vpon it an houre or two. And if the Quinsie be swolne already in his throate, then let him vse this remedy following. Take a Swallowes nest as you find it, with Birds or with Egges, or without either of them, and put to the same eight handfulls of Mallowes, with as much Water cresses, boyle them altogether in Milke vntill they be come soft, and till the milk be cleane consumed, then beate it in a bowle vntill it come to a plaister, then take asmuch as your fist of the same, and while it is warm spreade it like a plaister, and binde it as hote as may be suffered about the place where the swelling is, and so change it often till the paine be gone.

Another for the same.

¶ Take hote Bread and put it in Honny, and lay it to the place as hote as may be suffered, and it will drinke it vp. Take

also

also the iuice of Planten, & gargell it vp and downe thy th[roat] and it will ease the paine thereof. Also take the berries of th[e] Mulberie tree and make iuice thereof, then seeth them in a little Oyle and Wine, and put Vineger thereto, and so gargle it. Also an electuarie made of the iuice of the same Berries, with a quantitie of scummed Honny is good for the same: and it may be kept tenne yeares in seeds of Dianorum, for the Quinsie.

For the Cough.

¶ Take Isope, greate Raisens, and Figgs, of each a little handfull, and one ounce of Licoris: boyle them in faire water till the third part be consumed, then give the partie greeued for to drinke thereof twice a day, in the morning two houres before meate, and at night two houres before supper. Also it is good for to eate a losing of Diairis or Diapeaideon. If you will haue it stronger, put thereto the decoction of a little Colewoorts, Annisseedes, and Fennell seeds, with the seedes of Nettles, of each two drams.

Another for the cough.

¶ Take Sage, Rue, red Fennell, Isope, Comin and the powder of Pepper, of each a like much by weight, and seeth thē well togethe in Honny, and make thereof an electuary, and vse thereof a spoonefull in the euening, and another in the morning, till the cough be gone.

Another medicine against the cough.

¶ Take the roote of Enula campana, Horehound, Holihock, of each of them a like much, seeth thē all together in white wine, with a dozen of fatte Figges, and with a little Licoris, and vse to drinke hereof a draught at a time euery day twise.

For a dry cough.

¶ Take Annyseeds, Athe seedes, and Violets, and beate them to powder, and stampe them with euen portion, then seeth them together in faire water till they ware thicke, then put the

same into a bore, and as you neede, let the sicke eate first & last of the same till he be well.

For the Cough or stopping.

¶ Take the powder of Isope, the powder of Annisced, the powder of Ginger, the powder of Licoris, and mingle thē with clarified Honny, and eate daily hereof till thou bee whole. Also for the cough take a little Brimstone, and make powder thereof, and put a little of the same vpon a bord or trencher, and take a sticke or coale of fire, and put it in the Brimstone, and let the partie greeued, hold his nose ouer the fume of the Brimstone, and it will breake the force of the cough and stoppings. Also this is good for the pose and the rume in the read, as hath oft beene proued.

To make a powder for the cough.

¶ Take Sugar candy, Enula Campana roots dried, but nothing so much Enula campana as Sugar candy, thē take two or three crops of dried Isope, and one race of Ginger, and beate all these together, and afterward vse to eate of these powders till thou be whole.

To make a sirrop for the cough.

¶ Take a pint of Isope water, halfe a pint of clipped Rosemary, a quarter of a pound of Sugar candy, three spoonefuls of Annisseeds bruised three spoonfuls of Licoris sliced, seeth all these together vpon a soft fire vntill it come to a sirrop, then straine it, and take a spoonfull thereof morning and euening, and let it goe softly downe by gowlpes.

For the perilous cough.

¶ Take white Horehound and stampe it, and wring out the iuice, and mingle the iuice with Honny and seeth it, and giue the sicke to drinke hereof. Take also a Gallike head and rost it, then take away the pils and eate it. Also take a Colwoort leafe and strike the inner side thereof with May butter, and lay it to the sicke mans stomacke or belly euery morning and euening, and

and giue him no Milke, Butter, nor Cheese, nor any kinde of salt meate, nor fatte pottage, nor Nuts, nor Apples, but make the partie pottage with leaues, and rost him an Onion, and let him eate it with a little Pepper and Hony put therein, and vse it often and it will helpe him.

Another for the same.

¶ Take the iuice of Sage, and the iuice of Rue, of each like much, and a quantitie of Cummin, and asmuch of the powder of Pepper, and seeth them all very well in clarified Honny, and so make an electuary thereof, and let the party grieued vse of this medicine daily three spoonefuls at night & three in the morning vntill he bee whole.

A good medicine to helpe the cough speedily.

¶ Take two or three Garlick heads well pilled, stamp them, and put them into Hogs greace or suet, and stampe them well together, and at night when thou goest to bed warme well the soles of your feete, and annoynt them with the said confection as hote as may be suffered, and also the small of your legs, and put a warme cloth about your feete, and within three nights he shall be holpen. Also take Brimstone and put it into powder, and put a little thereof into a newe layd Egge soft rosted, and mingle it well together: then put thereto of Bengemin as much as a fitch pease lightly stamped, & drinke it in the morning at your breakfast, and at night.

A remedy for the dry cough.

¶ Take a pound of Licoris, and scrape it cleane, then stamp it in a morter, and put it in an earthen pot, and put therto three quarts of the best wooll that may be gotten, & one ounce of Sugar, and a quarter of an ounce of Ginger in powder, and a pint of clarified Hony, and seeth them all together till they be halfe wasted, then straine it through a cleane cloth into a faire vessell, and let the party greeued vse thereof first and last, at night hote, and in the morning cold, till he be whole.

Another

Another for the dry cough.

¶ Take Annifeeds, Smallage feedes, and Violet feedes, of each a like much, beate them all togethers in powder, & temper them with wine as the quantity giueth, then feeth them wel till they wax thicke, and so vse it. Also if you take the feedes of Nettles, and feeth them in Oyle, and afterward annoynt your hands and your feete therewith, it will doe away the cough. Also take the ſirope of Violets, and of Iniubes, and drinke thereof. Also it is very good to take firſt in the morning and laſt at night a loſing of Diadragagant, and afterward to drinke a draught of good Ptiſan, and this is is a preſent remedy for the cough when it proceedeth of a hote cauſe.

A diet for them that haue the cold cough.

¶ Ye muſt abſtaine from Vineger, and all ſalt meates, from fruits and raw hearbes, from Fiſh, Lemmons, and all kinde of groſſe meates, and too much repletion. Also ye muſt drinke no Wine betweene meales, nor ſleepe in the day time, eſpecially after meate.

For the ſtopping of the pypes, and for fleame, a medicine proued.

¶ Take a good bowlefull of Barely, and put to the ſame a gallon of cleane Well water, and boyle them togethers till the Barely be as ſoft as any Wheate or Formentie, then ſtraine it through a cleane cloth, and take the water, and put thereunto aſmuch good Woort, with a peny worth of Licoris bruſed, but not made into powder, and a good handfull of Iſope, another of Sage, and boyle them altogether till one halfe of the liquor bee boyled in: then ſtraine that liquor through a cloth, and that, that commeth through the cloth, put into a cloſe veſſell, and let it ſtand a day, and then let the patient drinke thereof a ſpoonefull or two euery morning, and ſo much likewiſe euery euening vntill he be well. This hath beene often proued.

For

For straightnesse in the pipes.

¶ For straitnesse in the pipes or in the breast, take dry Isope, rootes of Enula Campana, of each one handfull: sticks of Licoris scraped and soft bruised foure ounces, and boyle altogether in a gallon of running water, till halfe be wasted, then straine it, and to all the aboue saide liquor hote, put halfe a pinte of clarified Honny, and drinke thereof milk warme, a good draught every day first and last.

A medicine for to stay a vomit.

¶ Take halfe a pint of running water, an ounce of Sugar, and a good race of Ginger, picke it and scrape it cleane, and shred it in good handsome peeces, and so put it to the water and the Suger, and boyle them together from halfe a pint to a quarter of a pint, and so giue it to the partie to drinke, for it will stay the vomit in a very little space.

For them that may not digest their meate.

¶ Take Horchone and Hilwate, of each of these a like much, wash them cleane, and stampe them, and put thereto the pouder of Pepper, and seeth them together in faire water, and let the Patient drinke thereof luke warme, first and last.

For a vomit a remedy.

¶ For them that haue vomit, and for them that haue not their breath at will, and hath stopping in their breasts, take a dram and a halfe of the powder of Betony, with a goblet full of water, and drinke it fasting.

Another for the same.

¶ Against the vomit caused of weakenesse, heate, or odor, chollerick, mingle the pouder of the three leaued Grasse with the white of an Ege, and rost them on a tile, and giue it to the Patient to eate. Also for the vomit caused of retentiue weaknesse: take the powder of gum Arabick, and powder of Canell.

For a man that vomiteth too much.

¶ Take Roses and boyle them with strong Wineger, and make a plaister therof, and lay it to his stomack al hot. Also vomiting commeth sometimes without great violence, and thereby one getteth health, wherfore ye need not giue him any remedy, for it is a good action of the naturall vertue of the stomack, somtime vomiting commeth by a great violent mouing of the vertue expulsiue of the stomack. For the euill thinges contained in the same a remedy: one may well helpe a man to vomit, giuing him water warme with a little oyle to drinke, or else to put thy finger in his mouth very low, or a feather wet in oyle the better to vomit, and to mundifie the stomacke, if so be the person haue a wide throat, & that vomiting doth not hurt him much, as they be that haue but small and strait throats, and long necks and leane, for all these are euill to vomit. Somtimes vomiting commeth by weaknes of the stomake, caused of a hot and euill complection, ye shall cure it after this manner: take sirop of Roses, Quinces, Mirtles, with water sodden and cold againe, or else water of Purslan to quench the thirst. Also it is good to annoint the stomack before dinner and supper, with an oyntmẽt of the oyle of Roses, and Quinces, and the iuice of Mints and a little wax, or else make a plaister of Mints, Roses Wormwood, and oyle of Roses, and lay to his stomack as hote as ye may.

For to make a man cast and perbrake.

¶ Take two parts of the iuice of Fennell, and one part of hony and seeth it till it be thick, and drinke therof morning and euening, and it will cause a man for to cast or perbrake.

Another for the same.

¶ Take the iuice of spurge, and vse to drinke therof and it will cause you to cast. Also the iuice of Toncrop put into white wine, causeth a man for to cast presently.

For to comfort the Patient after his vomiting.

¶ Take and giue the Patient in the morning an ounce of the sirop of Wormwood, or mints in stead of which it is conuenient

to

to take a losing of Aromaticum rosatum, or Diagalanga. Also take euening & morning three houres before meate two Cloues in powder, with a spoonfull of the iuice of Mints or halfe a spoonfull of Rue dried with a little wine. Also it is good to take powder of Cloues, and Lignum aloes the weight of a crown, two houres before meate.

For one that abhorreth his meate.

¶ Sometime there chaunceth in the stomacke a disease called Fastidium, or abhorring of meate, whereby the person against his will taketh in hate all maner of meats that is offered vnto him, like as the whole man taketh pleasure and delight in the same. The cause of his disease is repletion of chollerick humors, or flegmatick, grosse and viscous which are in the stomacke: and the Patient hath greate thirst: a dry tongue, the mouth bitter, and sometime doth vomit yellow choller. And if the vaines bee full, let the Patient be let blood on the right arme, and giue him to eate & drink such thinges as are fit for a partie so greeued, also you may giue him the iuice of Pomegranets.

For to prouoke an appetite.

¶ Take Sage, Parsly, Pepper, and Mints, and stampe them and temper them with Vineger, as you doo make sauce for fishes, it will cause appetite: also flesh eaten with Vineger, comforteth and giueth appetite: If Vineger be vsed with a full stomacke, it vnbindeth the wombe, with an emptie stomacke bindeth it. It is good for them that be weake with sickness, if it be taken in this manner: toste bread, and wet it in Vineger, and with the toste rub the mouth and nostrils, and bind it on the pulsable vaines, for it comforteth the Patient, and the appetite, but for the appetite onely, it were better wet in the iuice of Mints. Also to them that haue lost their appetite by sickness, two drams of the ponder of Betony, with foure Liquorice roots in drink, taketh away both sadnes and euill tast of meats. Also take and confect Cardemomum, with the iuice of Mints, and vse for to wet your meate therein, it prouoketh appetite.

Against the letting of the breath.

¶ Take and lay Oyntment vpon hote embers, and let the Patient stoope downe, and receiue the smoake thereof through a pipe or funnell. Also take three drams of Oyntment, with reare Egs, or with wine or womans milk, once or twice in the week.

Against paine in the breath called Asma, caused of cold, take the powder of Phrlexen dula, with the pouder of Gentiana, and vse it in his meate and drinke.

Another for the same.

¶ Against the paine of the breath if it be of a long continuance: take the pouder of Gentiana with Wine, and Barly water, or else with meats or with new bread. Also take two drams of Galbanum, with a reare Egge, or with Barely water. Also to take Figs and seeth them in wine, is good against the letting of the breath, and against cold rume or humors in the breast. Also Pancakes made of Docks with meate or Egs, is very good for letting of the breath called Asma, if you eate thereof.

An oyntment for the shortnes of the breath.

¶ Take two ounces of the oyle of sweete Almonds, and one ounce of May butter vnsalted, a little Saffron, and new Waxe, and make an oyntment therwith, and annoynt the breast euening and morning.

Also for him that lacketh wind

¶ Take Mallowes, Mercury, and Borage, seeth them together in a peece of Porke, and make thereof pottage, and eate and drinke of this broth with wine, or with Whey that is good.

For armes being consumed and fallen away.

¶ Take Deare suet, and thine owne water being dissolued in a basen warme, then therewith wash thy armes euery day morning and euening.

For the mary being cold and numd in the armes.

¶ Take three spoonfull of Mace, three spoonfull of Aqua vita and three spoonful of Wine, & three spoonfull of Capons greace, and

and put them all in a Porrenger, and warme them on the fire and wash your armes morning and euening. Also if that you be sore in any part of the armes, take Roch Allom, and Madder, and boyle them with Conduit water, from a pottle to a pinte, and so wash your armes.

For aking of the hands and deadnes of the fingers.

¶ Take a handfull of red Sage, as much red Fennell, as much red Nettles, with a quantity of Bay leaues in pouder, and long Pepper, stampe all these together in a Morter, then straine the same through a Canuas cloth with Aqua vita, and with this liquor annoint thy hands when you goe to bed.

For swelling of wounds in the hand.

¶ Take Wormwood, stampe it, and straine it and boile it with Vineger, and put thereto Wheat bran, and make a plaister and lay it to the sore hands.

For wormes or heat in the hands.

¶ Take Chickweed and bruise it a little, and seeth it in running water till the halfe be wasted, and wash your hands as hot as the partie can suffer it, for the spare of fiue daies, and it will driue away the heat or wormes in the handes.

For to make your hands white.

¶ To make the hands white and soft, take Affodill in clean water till it way thicke, & put thereto pouder of Cantarium, and stir them together, then put thereto rawe Egges and stir them well together, and with this oyntment annoint your hands, and within three or foure daies using thereof they will be white and cleane.

For itching of the hands with wormes.

¶ Take and annoint the place that itcheth with the iuice of Mints, or of Rue, and it shall put away the wormes. Or else take the berris of the lesse Morrell, and therewith annoint the wormes and the hands.

For to make nailes to grow.

¶ Take Wheate flower, and mingle the same with hony, and lay it to the nailes, and it will helpe them.

For nailes that do fall off

¶ Take powder of Egrimony, and lay it there as the naile was, and it shall put away the aking, and it will make the nails for to grow.

For cloven nailes.

¶ Take Virgin Ware, and Turpentine, and mingle them together and lay it on the naile, and as it wareth or groweth, cut it away, and it will heale.

For nailes that are rent from the flesh.

¶ Take the lesser Violet, and stamp it, and fry it with Virgin wax, and Frankensence, and make a plaister, and lay it to the naile all whole.

Also annoint thy fingers with the pouder of Brimston. Arsnick and Vineger, and in short time you shall find great ease.

For stinch vnder the arme holes.

¶ First pluck away the haires of the arme holes, and wash them with white Wine, and Rose water that Cassia ligna hath been sodden in, and vse it three or foure times.

For to destroy the heate of the stomack.

¶ Take faire cleare water, and boyle it well, and skim it, and put therein shiuers of browne bread, and let them lye therin an houre, till the water be almost cold and drinke thereof two or three daies, the oftner a day, the better, and eate greene Parsly, and Galingall, and it shall helpe thee.

For to auoid fleame out of the stomack.

¶ Take the pouder of Pellitory of Spaine, & the pouder of Comin, pouder of long Pepper, pouder of Ginger, Mustard vineger,

neger, and mingle them together, and chafe them on the fire till they ware thicke, and then as hot as you can suffer it, put part thereof in your mouth, gargaling it in your throate vp and down but let none enter into your stomack, do this diuers times spetting it out by the space of an howre, and this is a Gargarisme proued.

For the stomack that is hote and swolne.

¶ Take the roote of Smallege, stampe it and put it in swete Wine, or in other good Wine all a day and a night, and straine it through a faire linnen cloth, and put it in a cleane vessel, and vse to drinke a little therof euery day fasting, take this eight or nine dayes.

For rising vnder the stomack.

¶ Take long Pepper, Graines. Saffron, Ginger, Aniseed, Licoris, and Sugar, & seeth them all in good Ale till it be thick, and giue it to the party to drinke, and hee shall be whole.

A plaister for rising vnder the stomack.

¶ Take Yarrow, Wilsoyle, Red Fennell, red Mints, Rue Borrage, Fetherfoy, Cloteler, Pellitory, Egrimony, of each of these a like much and the greace of a barrow Hog, that is a Sow kinde, and seeth them all together in good Ale, and make therof a plaister and lay it to the stomack as hot as it may bee suffered two or three times, and he shall be whole God willing, the hotter the better for to be taken: this hath been proued.

For the gnawing of the stomack.

¶ Take and seeth Betony in the iuice of Wormwood, and let the partie drinke it with warme water, if his stomack be not well. Also drinke wine that Pep hath been sodden in next to the heart fasting very early.

For the stomack that aketh.

¶ Take an hearb that is called Poleo, and dry leaues, and a handfull of Houseleeke, and as much of this Poleo, and put it in

In a vessell with faire water, and let it boile on the fire till the third part of the water be sodden away, and put thereto stone Suger, and a little hony, and let the Patient drinke thereof fiue daies fasting, and he shall be whole.

For to force the stomack.

¶ Take three parts of Cannell, and one part of Mastick, and one part of the parings of Pomgranets, and halfe a part of Galingall, and stampe all these together, and temper it with Hony that hath beene clarified on the fire, and well scummed, then vse as much of this as a Nut, euery day during ten dayes together: this hath beene proued.

For the winde chollick in the stomack.

¶ Take a handfull of Time, and wash it cleane, and put it into a cup of Ale or Beere, and let it stand all night, then take three sticks of Licoris brused, and let the party so greeued drinke thereof morning and euening.

Another for the same.

¶ Take Onions and put them into running water, and change them in foure waters seething, and when they are tender sod, take them and wring them between two trenchers, and butter them, and put thereon grosse Pepper, and so eate of them morning and euening, vntill you do finde your selfe eased of your stomack.

For fleame in the stomack.

¶ Take red Nettles a good quantitie, a good quantitie of clarified Butter, and seeth them in faire running water, till the hearbs be tender, then take them vp, and eate the hearbs, and drinke the liquor: proued.

For to make losings to comfort the stomack.

¶ Take a pint of Rose water, a quantitie of Rubarb, grate it vpon a grater, twice as much Setwell, as much Colomus

aromaticus

aromaticus, asmuch Spicknard, a little Sinamon, asmuch Enula campana, as much Ginger, and a little cleane water: put to these Spices one peny worth of Sugar, and let all seeth on the fire till it war very thick, and be well sodden, then vse hereof both morning and euening.

For all manner of euill in the stomack.

¶ Take Ashe seeds, Linseedes, Commin, of euery of them a like much, giue these to the sicke to drinke with hote Woort, or else with faire hot water.

For the Feauer in the stomack.

¶ Conserue of Roses is very good for the Feauer in the stomack: also it is good for all euils in the stomacke, that is ingendred of hot humors.

For the swelling in the stomack.

¶ Take the rootes of Fennell, and the roots of Smallage, of each of them a like quantitie, then stampe them and straine out the iuice, and temper the same with good Wine, and vse to drinke thereof first and last, in the euening warme, and in the morning cold.

For impostumes in the stomack.

¶ Against the impostumes in the stomacke and of the bowels, seeth Fenegreke verie soft, with water that Mallowes haue been sodden in, and lay it to the stomacke in maner of a plaister, and this will ripen and breake the impostums that be in the stomack. Proued.

For impostumes that be in the stomack, or in the liuer, or in the bowels.

¶ Take the iuice of Worzell with Prisome and Barly, and giue it to the patient to drinke, and it will both ripen and destroy the impostume in the stomack. Also take the oyle of Mandrake and annoynt the greeued stomacke therewith.

For an impostume in the stomack.

¶ Take Barly, dried Beanes, and Licoris, and let them boyle all together, of each of these a like much, drinke thereof with Sugar euery day fasting, and at night when thou goest to bed, let the patient vse this seauen or eight daies together, and it will cast out the impostume in his stomack.

For to clense the filth in the stomack.

¶ For the filth and dirt in the stomack, which resteth there by reason of the impostume that hath been in the stomack or in the bowels, take the powder of Salnatry with warme water, or else with Honny.

For a stomack ouer-charged with rawe meat.

¶ Take Stonecrop that groweth one the wal, it purgeth both vpward and downward: it purgeth the stomacke of euill humors, and helpeth the Dropsie, the Stone, and the Flix. Also for the Spleene, for the Tisicke, and for the Feauer, it is a precious medicine.

For the stomacke and head, and for a man, that may not well speake.

¶ Take and giue the sicke to eate nine daies in May Scabbias, Mugwoort, Smallage, Morsus diaboli, Iuy, Pylsoyle, Wormewood, and Featherfoy, stampe all these together, then seeth them, and when they be wel sodden, take whites of Egges and purge the patient euening and morning.

For a man that cannot digest his meate in his stomack.

¶ Take Centory, and seeth it in water, and drinke thereof warme euery night when thou goest to bedde. Also take Sage, Rue, Commin, and Pepper, seeth them together with Hony, and eate euery day a spoonfull therof. Also drinke the Wine that Pep hath bee sodden in. Or seeth Betony in the iuice of wormewood, and drinke it with warme water,

For

For winde in the stomack and bowels.

¶ Take three ounces of Séene, halfe an ounce of Ginger in powder, Commin and Annisécdes, three pound weight of both mingle all these together, and eate thereof euery day a spoonful. Also take Calamint ginger an ounce made in powder, with a little Hony, and eate thereof first and last.

For vnkinde heate in the stomack.

¶ Take Lettice, and drinke it with Wine euery day, or else eate thereof, and it will take away the heate of the stomack, also to eate Rue euery morning, is good for the stomack.

For the weaknes of the stomack.

¶ Take mastick and Labdanum of each one ounce, take also a dramme of the powder of wormewood, and Turpentine as much as néedes to incorporate them together, make a plaister hereof and spread it vpon Leather, then lay it to the stomack. It is good to anoynt the stomack with the oyle of Spignard, & Mastick, or to lay vpon it hote bread steeped in good Wine, on the which bread strew the powder of Cloues and Nutmegs. Also it is wholesome to eate afore your meate, Annisécdes, and Fennell séedes: and when you begin to eate take a tosse dipped in sodden Wine, or else in good Malmsie, without drinking of the same Wine, except it be a very little draught after meate.

A medicine for the bulke.

¶ Against paine of the members in the bulke, as the lungs, and other that serue to the breath, and against aplation of the liuer and Milke of the bladder, and paine of the stomack, drinke the Wine that the roote of Ircos hath béene sodden in.

Another for the same.

¶ Take and make a manner of pottage with Barly and water, and put the powder of Bawme-mint thereto, and giue it to the patient: and it will helpe him.

For the bulke and the ſtomack.

¶ Vſe to drinke the Wine that is ſodden with Dragagant, it warmeth the parts of the bulk and clenſeth them. Alſo it warmeth the ſtomack and the bowels, and is very good againſt the Collick, and to open the milt, Alſo it is very good againſt the hinderance of wine, be it either Strangurie or Diſſurie. There be two kindes of Secadors, that is to wit, Arabick and Cytrin, and both of them approued to the ſinnewes and braine.

For ſpetting of blood.

¶ For the party that vſeth to ſpit blood, cauſed in the bulke, make Pills of the powder of Dragons blood, and gumme Arabick, & Ptyſome that Dragagant hath been molten in, and let the patient hold it one his tongue, and when it is all reſolued ſwallow it downe. Alſo for them that ſpet blood because of the diſeaſe in the bulke, take Pills made of the powder of Sumac, and gum Arabick confect in Roſe water. Alſo for the that ſpet blood take Honny and Vineger, and it helpeth the ſame.

Another medicine for the ſpetting of blood.

¶ Take Pills confect with the powder Mummy, and with a little maſtick, and confect them in water that gum Arrabick hath been molten or laid in: and hold theſe Pills in thy mouth till they melt, and then ſwallow them downe: And if the blood come to thy mouth by reaſon of the nutritiue members, as the ſtomack, the liuer and the milt, eate this powder with a rawe Egge, and drinke it with the iuice of Plantine.

Another for the ſame.

¶ For them that vſe to ſpet blood at the mouth, out of the belie and ſtomacke, and againſt the paine thereof, take and beate the roote of Solwthiſle ſmall to powder, & drinke it with wine. Or elſe take two drams of the powder of Betony, with Oats of olde Wine for three dayes, and it will helpe the patient that is greeued therewith.

For

For spetting of bloud.

¶ Take Ach, Mints, Rue, and Betony, of each a like quantitie, and seeth them well in good milke, then giue the patient thereof to drinke, and it shall helpe him.

Another for the same.

¶ Take the iuyce of Betony, and temper the same wel with Goats milke, and let the party troubled drinke thereof three daies together. Also take Smallage, Mints, Rue, and Betony, and giue thereof to the patient to drinke in Goats milke, and let him sup vp a good draught at a time, as hot as hee may well suffer it.

For straightnes of the breast.

¶ Take a quart of good stale Ale, and a quart of fine Wort, take also halfe a handful of Liuer-wort, a halfe a peny-worth of Licoris sliced very fine, and scraped cleane, then bruse it: take also a halfe peny-worth of Figges, and wash them cleane, and halfe a handful of Isope, a quantitie of clarified Honny, a quantity of Sei well, and three roots of Parsly, and cut them small, with halfe a rote of Fennel, cut likewise very small, boyle all these together till halfe bee consumed, then vse to drinke hereof morning and euening reasonable hot.

For the party that is incombred in the breast with any kind of fleame or glart.

¶ Take the powder of Betony, and drinke it with warme water, it voideth and purgeth the fleame wonderfully, and doth away the glart or fleame.

For paine in the breast.

¶ Take and gather a good quantity of ripe Slowes, & grind them small in a morter, then put them in an earthen potte, and fill it full of new Ale, and so drinke thereof.

Another for the same.

¶ Take Isope, Parsly, and Sage, stampe them and lay the to the breast of the patient very hote. Take also the marrowe of a Calfe, Fenegréke, Linséedes, bray them smal in a morter, and mingle the powder with the yolkes of Egges, then temper al these together with fresh greace or Oyle, and lay it to the sore as hote as you may suffer it.

For the breast that is incombred.

¶ Take Isope and seeth it in a pottle of Wine till it come to a quarte, and let the patient vse thereof first in the morning colde, and last in the euening hote.

Another for the same.

¶ Take three pottles of runing water of a Well that springes, and boyle it to a pottle, then take halfe a pinte of heny and one pounde of the powder of Annisedes, a pound of the powder of Licoris, one peny worth of Sugar, and cast all these into the liquor, and let them boyle well, then put it into a vessell & stop the mouth thereof close that the ayre goe not out, and let the patient drinke thereof in the morning, but not fasting at night, and he shall bee whole.

For the breast and the lunges.

¶ Take a quantitie of clarified Heny and boyle it, and when it is boyled, put thereto an ounce of the powder of Enula campana, and one ounce of the powder of Licoris, and let them boyle til they be some what thick, then take it from the fire, and when it is cold put thereto an ounce of the powder of Ginger, & stirre it well together, and vse this this first and last.

For a man that is stopped in his breast or pipes

¶ Take Enula campana, Isope, and Licoris, dry them wel, then beat them in a morter as fine as flower, then take ginger, Annisedes, Cinamon Galingall, beat them also, and when

thou

thou hast done, take a quantity of Honny & boyle it well & scum it cleane, then take the Enula campana, the Isope, and the Licoris, and boyle them wel together in the Hony afterward take the Ginger, Annifeedes, Galingall, and Sinamon, put them all in Hony, and let them seeth together: then put it in a dish, then take Suger and put vpon it while it is hote, and eate a quantity thereof morning and euening, but drinke not til two houres after, and it will helpe thee. Also if you take and seeth Rue in Vinegar and drink thereof, it will likewise helpe you.

For swelling of the breasts.

¶ Take Wormewood, Sage, and Calamint, of each a like much, and stampe them well, put thereto a quantity of Vinegar, and temper them well together: then take white Breade, and toste it till it bee browne, and grind it small: then boyle them together, and sturr it that it burne not to, and lay thereof to the patients breasts as hote as may be suffered.

Another for the same.

¶ Also if a plaister be made of Chesnuts with Barly meale, and Vineger or Wine, and layd to the Pappes, it will asswage both the swelling and the paine therof.

For all manner of euill and paine in the breast or the ribbes.

¶ Take and bruise Pugwoort with Vineger, and lay it to the breast, and it will be whole in three dayes. Also take the water that gum Arabick and Frith hath been sodden in and wash the breast therewith. Also take the electuary called Diapendion, made into pennets, it is very good for the same purpose as hath ofte been proued.

Also for drought in the breasts and the members in it, and for them that be Costiue, so that the breast be not stopped, nor the breath short, lay psilium in water a certaine space, and then poure out the water, and take the same seedes with other cleane water that is cold, and vse it to the patient.

Also

Also take and make a plaister of Knotgrasse and Butter, and lay it to the sore breast, and it helpeth the same.

For vaines broken in the breast.

¶ Take the roote of Camphire and seeth it, and when is is sodden slice it with a knife, then hange it in the Sunne to dry, this may be kept three yeeres in goodnesse and vertue, and if a vaine be broken in the breast or guttes, it will resound and knit it, and restore it meruailously, if that the powder thereof bee taken greene with Wine or water: or if you fry the roote greene like a fritter with Egges or Meale, and so eate thereof.

For impostumes in the breast.

¶ Take and fill a bag with meale of Fenegreeke, and seeth it in water that Lysmachie, and Holihock hath beene sodden in, and lay it often to the impostume of the breast.

Another for the same.

¶ Take the water that Licoris hath been sodden in, or the iuice thereof, and it is very good being vsed against the impostumes of the breastes or ribbes, called the Pluriſie.

For blood of the breasts.

¶ Take two drames of Leekes seede and Mirrh, it staunch-eth the blood that commeth out of the breaste by spetting, although it be griese to the teeth and throate.

For the Canker in a womans pappes.

¶ Take picked Garlicke, and Rye meale or Barely meale, and Wrap them together with Vineger, till they becom as thick as a plaister, then lay it to the sore till it bee white, then take Pimpernell and beate it small, and put thereto Lifebonny, and lay the plaister to the sore pappe, and it will heale it faire. Or else take the fenne of a white Goose, and the iuice of Ellidonie, and wrap them well together, and lay it to the pappe, and it will kill the Canker, and heale it soundly.

Another

Another for the same.

¶ Take Wormewood, and the white of an Ege, and skinne it then temper it with the oyle of Violets, and let her blood on the vaines about the paps.

For the fester in the breast.

¶ Take the iuice of the roote of Fore gloues, and temper it with mans vrine, and wring it through a cloth, and wash the sore oftentimes therewith and it will cure it.

To make a woman to haue soft breasts.

¶ Let the party that desireth to haue soft breasts drinke in Ale, Nettle seede, and Salt, and it shall quickly help her.

For a woman that hath her breasts rancled.

¶ Take Lint seede, and bray it with the white of an Egge, and lay it on her breasts, and then take the iuice of Ache and of Rye meale, and lay it on her breasts, and let her drinke the iuice of Veruaine, Fenell seede, and Amber.

For to make a drink for womans pappes that are rancled, and be full of ache.

¶ Take Groundsell, and two times as much of Brookwort and wash them both, and stampe them, and temper them with stale Ale, and straine it through a cloth, and giue to the Patient thereof first in the morning and last at night.

For the euill swelling in a womans breast.

¶ Take Dake apples, and stampe them in powder, and put them in oyle of Roses, and lay it to the swelling: or else take the iuice of pety Morrell, and Daisies, and the dregs of vineger, and a hard Egge sodden with the shell, and Barly flower, and so make thereof a plaister, and lay it on the sore.

For biles on a womans breasts.

¶ Take the iuice of Morrell, the oyle of an Egge, & Beane flower, make thereof a plaister, and lay it cold thereto.

For a woman that desireth to haue great plenty of milke in her breasts.

¶ Let her take the iuice of Vervaine or Fennell, and vse to drinke oftentimes thereof, & she shall haue great plenty of milk. Also if shee drinke the broth that Whitings haue been sodden in, it is very good for the same purpose.

For paines in the breast with ouer too much milke.

¶ Take very cleane water without any grauell in the same and mingle it with Vineger, and the yolke of an Egge, and a little Saffron, then lay it vpon a cloth plaister wise, and lay it to the breast, and when it is drie take it away, and lay another in the place.

Another for the same.

¶ Take Vineger and Hony boyled together, and spread it vpon a cloth, then lay vpon it a little powder of Comin, it will asswage the milke.

For the milke that is curded in a womans breast.

¶ Take Wheate mingled with Rue, and sodden in water, and lay it to a womans hard breasts that be curded with milke, and it will soften them.

Another for the same.

¶ If the seeds of Lentiles be mingled with water of the Sea they be good for milke that is curded in womens breasts.

For the heart burning.

¶ Take a rope of Fennell, and chewe it in thy mouth, and suck the iuice therof, then spit it out, and take another, vse this very often, and it will helpe him that is heart burnt.

For

For the paine at the heart.

¶ Take Centuary & seeth it in Ale ale, and when it is well sodden, stamp it in a morter, and seeth it againe with the same liquor, then cleanse it through a cloth with two spoonfuls of the iuice, and three spoonfulls of Honny, and then boyle it well together againe, and put it in a boxe, and giue it to the Patient euery day three spoonfulls fasting till he be whole, and this shall doe away the glut from him, and make him haue an appetite to his meate.

For weakenesse of the heart,

¶ Take Rosewater, and mother of Pearle beaten small to powder, and mingle it with Sugar, and giue it to the Patient to drinke three or four dayes, and he shall be whole.

For faintnesse at the heart.

¶ Take the filings of Gould, and the powder of the bone of a Harts heart, and mingle them with the iuice of Borage and Sugar made in sirop, for it is very good for sowning.

For all sicknesses about the heart.

¶ Take Rosemary, Isop, Centory, Betony, and Iris, and seeth them in faire water, and straine the water and the iuice of the hearbes, and put thereto hony, and boile it againe, and scum it, and put thereto as much butter as hony in the seething, and mingle them together, and take it downe and couer it well, and drinke thereof at euen hot, and at morning cold.

An Electuary for the heart.

¶ Diantes: this Electuary is good for the heauines in the heart, and for feeblenes of complectiõ in a mans stomack, for the Cardiakle, and for the bad lungs, et alia causa.

For euils at the heart.

¶ Take Hartwoort, Galingall, Harts tongue, and Sauine, stampe them, and wring out the iuice, and temper them with

good Wine, a good quãtitie of Roses, and giue it to the party so grieued to drinke first in the morning, and last at night, and he shall be whole God willing.

A sirrop for the paine of the heart.

¶ Take and stamp Betony, and hearb Benet, Horehound and Veruaine, seeth them in faire water, to the third part, then put therto hony, and make thereof a sirop.

For all diseases in a mans heart.

¶ Take Sage, & Mints, by euen portion, seeth thẽ in white Wine, and make a plaister thereof, and lay it to his heart til he be whole: take also the Wine that it was sodden in, & giue it to the patient to drinke euening and morning, and he shall haue good desire to his meate within fiue dates after at the furthest.

For to comfort the heart.

¶ Take the powder of Setwall, and put it in the sick mans meat, it comforteth the heart, and is very good for them that haue weake hearts, and be disposed to sowning.

Another for the same.

¶ Temper the Patients Wine with water that & picknard is sodden in, and with the same water make a sirop, and let the sick drinke thereof, it is good against the disease of the heart, and for sowning. And for weakenes of the braine, smell it at thy nose. Also seeth the flowers of Rosmary leaues mingled with Rose-water and giue it to the Patient to drinke.

Another for the same.

¶ Take the iuice of Rosemary leaues mingled with Rose-water, and a little of the iuice of Panay, and make sirop therof: it will also be good if some of the bone in the heart of an Hart bee put therunto, and giuen to the Patient.

For

For al paines in the heart.

¶ Take the powder of galingall, with the iuyce of Borage, and the sedes of Ireos with the milke of a Goate, and drinke it warme: it will allwage the paine of the heart.

Another for the same.

¶ Take the pouder of Cannel, with the pouder of the leaues of Zeliflowers, it is very good against the passion and sowning of the heart being giuen to the party.

Against the passion of the heart.

¶ Take and make sirrop with the iuice of Borage, and put therto of the powder of the harts bone in the heart of a Hart.

Also take Bugloss, and eate it often either rawe or sodden, it driueth out the noysome humors.

Also against the passion of the heart and sowning: take sirope made with Cassia ligna and Roses, and the bone of Harts hart, and giue it to the sicke to eate.

For feeblenes of the heart,

¶ For them that are weake in the heart, and doo take their breath in maner of sighes: take and giue them the iuice of Bugloss with honny and it shall helpe them.

Against the fainting of the heart.

¶ Take and make Pils with a dram of Amber, & an ounce of Lignum aloes, and two drames of the bone of a Harts heart beat to pouder, and beat the Pils in Rosewater, and giue two or three of the said Pils to the Patient when he goeth to bed.

Also to take the quantitie of four drams of Cucubes, with the iuice of the root or the leaues of Parsneps is very good.

Also for them that be faint at the hart or be like to sown: giue them Rose water for to drinke, and also bedew their faces therewith. Also if the faintnes come from the braine or liuer, or paine

of the stomack caused of cold: take two wheat cornes of Musk in wine, and it will help the same.

Against sowning.

Against sowning and faintnes of the heart: take Rosewater, that this hearbe Bassell is sodden in, and for the same: take wine that the hearb is laid in all night.

Also against sowning take the powder of Roses, and put it into a reare Egge.

Also take the powder of Ginger in your meats, and it is good against sowning.

Against sowning: make sirop with the iuice of Borage, and Suger.

Also against sowning of the heart comming of cold: take and seeth this hearb Cardomomum in sweet smelling wine, with a little Rosewater, and vse it.

For sowning.

¶ For sowning and weakenes of the heart, be it in Feauers or sicknesses, or if it come of either cause, stampe Mints with Vineger, and a little Wine: if the Patient haue no Feauer, then toste a chiuer till it be almost burnt, and put it therein till it bee well steeped, then put of it in his nose, and rub his lips, his tong, gooms, teeth, and the temples, and let him chew it, and sucke the moistnes thereof, and swallow it.

For the paine of the lungs.

¶ Take Figs, and let them be sodden with Isop: they clense the lungs, and heale the old cough.

Also take the root of the wild Rape, and seeth it with Licoris and the water that it is sodden in giuen to the Patient to drinke, is very good to clense the Lungs.

Also take this hearb Southernwood, & mingle it with Isop, and sodden in wine or water, make it sweet with Sugar, and so drunken, is very good for all diseases of the lungs, and the breast when sickness cometh of cold, annint the breast.

Another

Another for the same.

¶ If you take the broth of Creues, it is good for paine in the lungs, named Perpleumonia, or cõsuming of a man called Ptosis, because when a man hath a swelling about the lungs: then he commeth to drinesse, and consuming of that naturall moysture till he dieth.

For the Liuer and Lungs.

¶ For the Liuer and the Lungs wasting with ouer vnkind heats, take water made of Borage, and of red Fennel roots, Ach, Isop, Endiue, Betony, Calamint, Lettice, Nutmegs, Mace, flowers of Camomell, Cloues, Aniseeds, by euen portions, one ounce of Licoris, & Aniseeds half a pound, make of all these herbs and spices a water, and it shall restore you meruailously, and if you cannot get all these hearbs, then take the more of Borage. Also to restore his kinde, make a confection of the flowers of Borage, and of red Roses with the afore said spices, and with Suger

For the heate of the liuer.

¶ Take Spodium vt eborii in rose, Corall, Barly meale, Triacendaly three penyworth, mingle all these with the iuyce of Endiue, S. Mary berry, and Houseleeke.

Another for the same.

¶ Take red Roses Sandalorum cum Iuery, and water of Lillies an ounce, stamp them small, and put therto Barly meale and the iuice of Marigolds & Vineger, and the iuice of Wormwood, and make a plaister thereof, and lay it to the liuer.

For chafing of the liuer, and of the spleene.

¶ Take yellow Rubarb, Barly meale, and Vineger, and temper them together, and make therof a plaister, and lay that plaister to a mans right side, let him bloud in the vaine of the spleene, and giue him to drinke in Wint, er Suger rosset, and in Sommer Scabious.

For

For the chafing of the liuer.

¶ For the chafing of the liuer and opilation of the milt caused of humor: take Rubarb with warme water, but it is better to mingle it with Trifera sarazenica, and this you may vse with the iuice of Endiue, and so giue it to the Patient.

Also take and annoint the liuer with the oyle of Roses, for the chafing of the liuer.

Against chafing or heate of the liuer: take and wet a cloth many times double and lay it to the liuer.

Also the oyle of Violets is good against the chafing of the liuer, proued.

Against the chafing of the liuer: scrape the vppermost of the Gourd, stamp the said scraping and wring out the iuice, and put Vineger thereunto, wet a cloth therein, and lay it to the liuer outwardly.

Also take Endiue, and lay it in water, and vse it in your brothes for the Patient so greeued.

For the heate of the liuer.

¶ Take Fennell, Endiue, Succory, Planten of each a like much, and still them with red Wine or milke, and vse it euery morning nine spoonfuls at a time, with a draught of wine and Sugar, or else fiue spoonfuls thereof alone.

For the liuer wasting, which causeth a scabbid face.

¶ Take three gallons of sweet Wort, and put thereto foure handfull of Lyuerwoort, and foure handfull of Violets, two handfuls of Harts tongue, foure handfuls of Marigolds, foure handfuls of Patselon, and stampe all these together, and boyle them a pretty while in the woort, then take them vp, and when they are could strain them, and put therto Barly meale: vse this fasting at night, the space of a moneth, then take an ointment that is made for a dry scab, and therwith daply annoint thy face, and vsing of this drinke aforesaid; the paytle shal find helpe.

For

For the vnkinde heate of a mans liuer, which causeth his colour to waxe yellow.

¶ Take the water of Chiccorie, and the water of Lettice, and the water of the leaues & small branches of a Mayer tree, bake the hearbs and stampe them all together, as much of the one as of the other & take the iuyce thereof, and as much Sugar as will suffice, boyle all these together till they be as thicke as a sirrop, and put vnto the same a poys and a halfe of Rewbarbe, and vse a quantity of this sirrop in colde water euery day fasting, till he be whole.

For the liuer that is corrupted and wasted.

¶ Take a quantitie of Liuerwort and bruse it a little, then seeth it in good strong Woort with a quantity of Rewbarbe, and vse this medicine till thou be whole.

A drinke for the spleene.

¶ Take Harts-tongue, wilde Hoppe leaues and Borage, with the flowers of Fumitorie, and Parsly rootes, seeth them in Whey, and clarifie them with the white of an Egge, & straine it, drinke thereof morning and euening, and so continue a fortnight, and it will helpe you many waies.

A plaister for the spleene.

¶ Take three or fower Hollyhocke rootes, two handfuls of Mallowes, and seeth them well together, the stampe the rootes by themselues, and straine them with the same water wherein they were sodden, then stampe the Mallowes together with the iuyce of the Hollihock rootes, and put in eight or nine Figges, and two ounces of Sugar, a little leauened bread, and halfe a dish of sweet butter, then lay part of the same vppon a woollen cloth, and as hote as may bee suffered lay the same to the side, and rowle it very fast with a strong rowler, and euery day once renew the same with a fresh plaister very hote, vntill such time as the party be well.

Another plaister for the Spleene.

¶ Take Wormwood, Mallowes, Cammomile and Mellilot, of each of these a good handfull, boyle them in faire water, till the liquor be halfe consumed, then put vnto the same halfe a handfull of wheate braune or more, and boyle it to the thicknes of a plaister, then quilt it, and as hote as you may suffer it, lay it to your left side.

An aluary for the Spleene.

¶ Take a pinte of Ale clarified, and put therein a crust of Bread then take the powder of Gentiana, Spignard, Gallingall, of each two pennyworth, let them haue a boyling or a walme, then take it off the fire, and drinke thereof morning and euening, and it will cure the Spleene.

A restoritiue for the liuer, lungs, and splene.

¶ Take two parts of Fennell, and three parts of Honny, seeth them together till they be as thick as a lectuary, and let the sick vse this morning and euening.

For the stopping of the Spleene.

¶ Take the elder roote, and seeth the same in white wine, vntill the third part thereof, and drinke of the same and it cureth the Spleene meruailously.

Another for the same.

¶ Take the lunges of a Fore, and make it into a powder, & vse to drinke thereof, and it will certainely cure the Spleene.

For the Spleene a good experiment

¶ Take two pounde of Bores greace, and two pounde of ashes made of ashen wood, and one gallon of faire running water, and seeth them altogether til halfe be consumed, the straine them through a cloth, and let it stand al night, and in the morning fleete off the greace, and cast away the water, and mingle the

the greace well together, and put it in a boxe, and there with annoint vpon the Spleene. You must likewise giue the patient this drinke following: Take the rootes of young Ashen plants, and a good quantity of Wormwood, and seeth them well together in a gallon of wine, till the one halfe be wasted, and let the patient drinke thereof in the euening hote, and in the morning colde: and let the patient vse of this oyntment, and drink of this drinke the space of nine dayes, and it will helpe him: proued.

Another for the Spleene, proued.

¶ Take the inner rine of the ashe tree, stamp it, and seeth it in wine, and it will doubtles helpe the Spleene.

For the heate of the Liuer.

¶ Take the iuyce of sowre apples, and sweet apples, of each a pinte or more, and two pound of Sugar, and mingle these together, and let it boile on a soft fire till it be as thick as a sirrop, and vse of this a little euery day fasting, being first made luke warme at the fire.

To purge the liuer of choller, and salt fleame.

¶ Take the waight of a golde Noble of Ruebarbe, and cut it in small peeces, and a halfe penny worth of Spignard, and the weight of two groates of Seene in the Cods, lay all these in soke, in nine spoonfuls of whey, by the space of twelue howres, and so giue it to the patient.

For the liuer that is chafed.

¶ Take and vse Saunders in thy pottage or broth, & drinke it, and wash thy right side with cold wine, but first boile it, and scum it, and put thereto vinegar, and lay it to thy right side, but not hote, for it will chafe the liuer.

For wasting of the liuer.

¶ Take water-cresses, Red Fennell and Sorrell, with a Chicken in a pot nine dayes, and vse it.

Another for the heat of the Liuer.

¶ Take a quart of Barlie, and put thereto a gallon of well water, and boile them together, till the Barly bee as soft as any Wheate or Formenty, then straine it through a cleane cloath, and take the same water, and put thereto as much good woorte with a penny worth of Licoris beaten, but not to powder, and take a good handfull of Isope, and a good handfull of Sage, and boyle all these together, till the one halfe thereof be wasted, then straine them againe through another cleane cloth, and that which commeth forth, put it into a cleane vessell, and let it stand a day and a night, and drinke of the same first in the morning, and last at night when you go to bed.

For stopping in the liuer and the milte.

¶ Take and seeth Harts tongue in water or Wine, and drinke it: or if the herbe be eaten, it is very good for the same. Also to vnstop the pipes of the liuer, and of the milt, take Smallage, and seeth the same with a like quantitie of Elder leaues, then straine it and drinke the broth thereof.

Another of the same.

¶ If you vse to drinke the iuyce of Chicorie, it openeth the opilation of the liuer, and milte caused of heate. Or if you take the wine that Silios hath beene sodden in, and drinke thereof fasting, it is a very good medicine against the stopping of the liuer, milt and raines, and against the let of vrine.

Another for the same.

¶ Take and drinke the Wine that wilde Time hath beene sodden in, and you shall finde it very good against the stopping of the Liuer, Milte and Raines, and the hinderance of vrine, as hath oft beene proued.

¶ Also if you take the iuyce of the herbe called Wittmint with honny, and the Wine that it hath been sodden in, it is very good to vnstop the conduit of the Milt, and the liuer & vrine.

Against

Against the opilation of the Liuer, the Milte, the vrine, and the bladder, vse the decoction of Cassia ligna, or the sirrop that it is made with.

To vse also the iuyce of Night-shade made in sirrop with a little Sugar, is very good for the liuer and the milte.

Also if you make sirrop of the iuyce of Fennell, and the decoction of the hearbe called Dawke, it is good against the stopping of the Liuer, and the Milte and against the Dropsie.

For the Liuer and the Milt.

¶ Against the opilation of the Liuer, or of the milt, take Aloe Epatick, with the iuyce of Smallage warme. Or make a decoction of the rootes of Smallage, Parslie, Fenel, Bom wort and Spurge, with two drammes of Mastick, and vse this two or three times in the weeke, till you be well.

Another for the liuer and the Milt.

¶ Also who so vseth often to eate the herbe Cheruell, it causeth the stopping of the liuer, and the milte to cease. Or if the patient take the seedes thereof, and make them into powder, and afterward eyther eate or drinke of the same, it will helpe him.

Also if the iuyce of Wolfe-thistle be drunken with Wine, it is very good for the liuer.

Also to drinke the water that Louage hath been sodden in, is likwise good for the liuer and the milte.

Also against the stopping of the liuer and milt, take the powder of Barbaries, with the iuyce of Morrell, and drinke often of the same.

For the liuer, milt, raines and bladder.

¶ Against the opilation of the liuer, milt and raines, and the hinderance of vrine, take and seeth the herbe Germander and Canuphithis in oile, and lay it to the place where the party is grieued. Also take an electuary confect with honny, and two parts of these herbes, and so vse it.

For the liuer, the milte, and the Iaundise.

¶ Against the opilation of the liuer, milt and Iaundise, take the iuyce of Wormwood and Sirrill, or else make them in sirrop, and vse it with warme water: also against opilation of the milt, take the iuyce of Worm-wood, and the powder of Costy it is also good for the same.

For all paines in the milt.

¶ Take of the drinke that Gold hath been quenched in red hote, and it helpeth the paine in the milt.

Also an oyntment made of Assa armonia, and Wax, softneth the hard milt, and it dissolueth the milke curded in the paps.

Also make iuyce with Smallage, and put thereto oyle and ware, and confect it into a sirrop.

Also for the milte, take Ammoniacke, and Galbane, of each of these a like much, soften them well in Vinegar, and with ware, then put therto powder of Costo and of Woormwood, & make thereof an ointment, and vse therewith to annoint the place against the milte, and it will helpe the same.

Also take Egrimonie, and eate thereof oftentimes, and it healeth the paine of the Milte.

Against the opilation of the milt or dropsie, take the wine that Abrosiana hath beene sodden in, for being oftentimes drunk it healeth the paine of the milt comming of cold.

Also against the ach of the milt, drinke the wine that Betonie hath beene sodden in, and it profiteth.

Also make an ointment with the hearbe called Bears foote, beaten, and then lay it long in oyle, and with ware make an ointment, the leaues ought to be vsed while they be greene.

Also the hearbe Amios, with the roots of Oats in wine, helpeth much the paine of the milte.

Also for the milt and liuer, take the iuyce of Fennell sodden in an apple, and take the powder thereof.

Also for the paine of the milte and liuer, take the wine that Coperis hath beene sodden in.

Also

Also for the paine of the milt and the liuer, drinke the Wine that Casia lignea hath been sodden in.

Also for the paine of the milte and liuer, take the electuary that Diocostum hath been sodden in.

Also for the paine of the milt, vse a dram of Cammomile in powder with wine, fortie dayes.

Also for the paine of the milte, vse to drinke the Wine that Honny-suckle hath been sodden in.

Also seeth Iuie in Wine, and then straine out the iuice, and drinke thereof, it helpeth greatly.

Also the water that the roote of Fearne hath been sodden in, is very good for the same.

Also you may vse the water or Wine that the rind of Fennell rootes hath been sodden in.

Also the Water or Wine that the bough of an Ashe hath been sodden in, is good for this purpose.

For to soften the milt that is hard.

¶ Take the roote of the wild Vine & stampe it with Porks greace, then melt it on the fire, and straine it, and take meale of Linseede, and oyle, and put thereto: and this oyntment is very good for the hardnesse of the milt, and liuer, and to ripen impostumes.

Another for the same.

¶ Take the rinde of the roote of Horehound, and steepe the same a fortnight in Wine and Oyle, and then let it be sodden and strained, and in the straining, put thereto water and Oyle, and make thereof an oyntment, and vse the same at youre neede, for this purpose.

For ache in the guts and belly.

¶ Take the powder of Mugwoort, and let it be drunk with Wine and Honny, it easeth greatly the ach in the bowels, and is good against diuerse other diseases, And for the paines in the guts, take a crate of the iuice of Clot leaues, and it will ease thee.

For

For paines in the belly.

¶ Take and stampe Mugwort, and lay it to the bellie, it helpeth the same maruellously, take also an vnce and a halfe of Wart woort, with asmuch wine, and it will likewise asswage the paine in the belly.

For the paines in the belly.

¶ Take and make an electuarie of Honny, and seeth it with water to keepe it from cleauing to, then put to the same two ounces of Hermodates, and one ounce of Fennell seedes, and giue thereof to the partie so grieued that hath the paine in his bellie, and it will helpe him: proued.

For the paine in the belly.

¶ Take wilde Time, and seeth the same with Wine and Oyle, and it is very good against the pain in the belly. Also if you take the braine of a Hare rosted, eate thereof, and drink some good Wine afterward, it is good for the paine in the belly.

For the paine in the belly.

¶ Take three pints of Malmesey, and a handfull of Oris powder, and a handfull of Commin, with a handful of Red-rose leaues dried, a handfull of Camomile flowers, and one dish full of wheate braune, seeth all these together, and put them in a bagge, and make it plaisterwise, then lay it to the belly of the patient somewhat warme.

For the griping or pulling in the belly.

¶ Take halfe a pinte of Malmesie, a bigge root of Turmentile, and grinde the roote into powder with a little Treacle, and make it blood-warme, and so giue it to the partie to drinke. Or els take a penny pot of Malmesie, and a little Treacle, and two penny worth of Myrrh, and grinde it to powder, and so put the Treacle and Myrrhe into the Malmesie, and make it reasonable warme, and giue it to the patient.

Another

Another for the same.

¶ Take a little quantitie of the earth that wormes cast vp out of the ground (which most commonly you shall find in some soft foot-path way, or else in some garden path) and when you haue gathered the same, mingle therewith a like quantitie of Honny, and giue the patient halfe a spooneful in the morning causing him to fast two howres after: this within foure mornings eating thereof, will certainely helpe the same, as hath been by sundry persons proued.

To breake wind in the belly, and for wringing in the same.

¶ Take Commin seedes, Fennell seedes, Aunt-seedes, bruised, and seeth all in wine, and drinke thereof in the morning, at noon, and at night. Also take Pellitory, and boile it in broth, & giue the sicke thereof to drinke.

For women that haue very great bellies, being not with childe.

¶ Take a handfull of Isope, a handfull of Hearbe-grace, a handfull of Arkmert, and seeth all these hearbes in a quarte of ale, till it come to a pint, then preserue the same in a glasse, and giue the woman so grieued, a quarter of a pinte at once, first in the morning, and last at night.

Another for the same.

¶ Take Sauery and stampe it, and put thereto good ale, with a little Jet, & white amber made into powder very small, and giue the woman thereof to drinke with the Sauery: also make a plaister of Sauery, of Isope, and of Leekes tried with fresh butter, and lay it to her belly, and to her raines, and thee shall be whole.

For a woman that her wombe is hard.

¶ Let the party grieued drink the iuyce of Maybread with old wine, and she shall bee eased.

Another for the same.

¶ Take Cinckfoyle, that is to saie fiue leaued grasse, and stampe it, and straine it with hot Milke, and giue the woman thereof to drinke, and it will helpe her.

For a swolne or aking wombe.

¶ Take the iuice of Rue, and let the patient drinke thereof with Wine or Ale, and it will help her on warrantise. Proued. Also take Sothernwod, Tansie, Rew, and eate them with salt, and she shall be whole.

For to vnbind the belly and the wombe.

¶ Take Honny and seeth it till it war black, and put therto powder of Salt, and mingle, them both together, pour it vpon an euen stone, or some other euen thing, and then being made an oyntment, put thereof into the parties fundament, and it will cause him to goe to stoole very well.

Sundry other medicines for to vnbind the belly.

¶ Seeth the root of Mulberry in water, and drinke therof, and it will losen the womb and the belly, & driue out the worms that be rough and short.

Also you may vse a Gargarisme of Vineger & water, wherin Assa fedita hath been sodden, it abateth the swelling of ỹ womb, or belly.

Also if you lay the leaues of Hollihocke very hote vpon the wombe, it helpeth the same.

Also you may vse the Wine that Roesmary and Comin hath been sodden in against the ache of the wombe.

Also to eate Peares and dresse them in your meat, comforteth the wombe and vnbindeth the same.

For to lose the belly and wombe.

¶ Take the iuice of the hearb called Britanica, asmuch thereof as you thinke necessary for the strength of the patient, and it will

will loose the wombe without any daunger. Also if you take Mallowes and seeth them, and make pottage of them, it looseth the wombe, as hath oft beene proued. Also the heads of Leekes being soden in the oyle of sweet Almonds, or of oyle Cockil called Zizanium, loseth the wombe, and keepeth it moist.

Against vvormes in the belly.

¶ Take and make pancake or fritters of meale, with the leaues of small Taylebarbe, and eate thereof, for they are verie good against wormes in the belly. Also the iuyce of Scabbious being drunke, it is very good for the same. Also a plaister made of parcht Beanes, with a litle Vinegar, Mintes and Wormewood, and laid to the nauell, is good against the Wormes in the wombe. Likewise the iuyce of Plantine being drunke, killeth wormes in the wombe. The iuyce of Mints and of Horehound being drunke, doth the same.

For vvormes in the belly.

¶ Take Betony and Sauine, and drie them, and make powder of them, and let the Patient drinke thereof in hote water, and assoone as the powder is in the belly, it will kill the wormes, and bring them out on warrantise.

Another for the same.

Take Sengreene, Fetherfoy, and Mints, stampe them, & drinke the iuyce thereof in warme Wine, and it will kill the wormes, and bring them out.

For wormes in the belly.

¶ Against wormes in the belly, take Garlicke, Pepper, a little Parsly, and the iuyce of Mints, make of them sauce, & wet your bread therein. Also for wormes in the belly, make pilles, of Galbanum, and annoint them with honny, and vse thereof. Also for worms in the belly, take Armoniack, made in powder, with the iuyce of Wormwood, and Arsmert, and it will helpe the same.

Against the Eluxe of the belly.

¶ Take small Keysons, and vse to eate of them often with your meate, it taketh away the belching, and helpeth greatly to stop the fluxe in the belly.

Also for the fluxe in the belly, let the patient take the root of Turmentile, and stampe it, and straine out the iuyce thereof, and drinke thereof warme, with the Water of Plantaine, and it will helpe him.

Also, if the partie grieued take the rootes or beards of Lékes dryed on a hote Tyle-stone, and receiue the smoake thereof beneath, it is good for to close the fluxe of the belly.

Also, the iuyce of the crops of Bryers taken with a glister, is very good for the same purpose.

Also the iuyce of Sloes giuen to the patient to drink in wine, helpeth the paine thereof.

The powder of fiue leaued Grasse, being put into the iuyce of Plantine, and giuen vnto the patient to drinke thereof fasting, stoppeth the fluxe in the belly.

A very good experiment to stop the fluxe of the belly.

¶ Take the rotes of Fearne, Roses, wild Cresses, Figge-tree leaues, and flowers of Camomile, of each a like much, and beate them together, and séeth them in raine water, til the halfe be wasted, and then receiue the smoake thereof beneath, and wash your fét also in the same water.

For wormes in little Children.

¶ Take the hearbe called Rodalia, and stampe it, and make a plaister thereof, & lay it to the childs belly, and it will help the same. Proued.

For wormes in childrens bellies.

¶ Take a penny worth of Aloes ficcatrina, and asmuch of Colla curtadia, and make them both in fine powder, and boyle

these

these two powders on the fire with halfe a pound of sweet butter, and so dresse the childe three or foure times ouer the stomack and the belly, against a good fire, but remember first to straine this medicine through a fine cloth after it is boyled, & then vse the same in manner as is aforesaid.

A drinke for wormes in children.

¶ Take of wheate flower asmuch as will couer a French crowne heaped three times, and put it into a goblet, then take of faire water almost a pint, and set it to the fire, and let it seeth, and scumme it very cleane, then take of Penidis two ounces in powder, and put it into the water, and let it boyle well, then take the same from the fire, and powre thereof in the flower, & stir it alwayes in the powring, that it may be as thick as milke and no thinner, then giue the party to drinke thereof warme, a good draught at a time.

A plaister for wormes in children.

¶ Take of Aloes ficcatrina, the quantity of two beanes beaten into very small powder, and put it into a spoone with as much of the iuyce of wormewood as will make the same moist like vnto a salue, then take a peece of red Leather asmuch in breadth as your three fingers, and smere the ointment thereon, then warme it a little, and lay it vpon the nauell, and binde it fast, letting it lye there vnremoued the space of three dayes, and then take it away, for it will helpe the childe on warrantise, as hath oft beene proued.

For a stitch in a mans side.

¶ Take a reasonable peece of white leauened Bread, and toste the same on both sides, and then spread it on the one side with the best Treacle you can get, and couer it with fine linnen cloth and so lay it warme to the sore side where the paine is, and it will helpe you God willing. This medicine cost fiue pound the learning.

Another for the same.

¶ Take Dates, and fry them with vinegar, then put them in a cloth, and lay them very hote to the parties side, and it will helpe the stitch. Proued.

For broken sides.

¶ Take and stampe the rootes of Mallowes, and put thereto the bloud of a Goate, and frie it together, and lay it hote to the side, renue it but once in three daies.

For sores within or without.

¶ Take Alisanders, Parsly, Louage, Red-fennel, Smallage, Burnet, and Gromell, and seeth them in white wine till the one halfe be consumed or wasted. then straine it, and let the patient drinke thereof first and last, in the euening colde, and in the morning hote.

An ointment for sore sides.

¶ Take a handfull of Mallowes a handful of Groundsell, and a handfull of Sowthistle, as much of Nightshade, a quantity of Tarragine and Dill, these hearbes must be stamped as small as may be, and tempered well with may butter or Sheepes suet ouer the fire, and so make it an ointment, and annoint the body or side that is stiffe by the fire, the oftner the better: proued.

For the impostume in a mans side.

¶ Take Woorme wood, Mint, Calamint, hearbe Bennet Mallowes, Cheruell, Sage, Rosemary flowers, pounde them together, and put thereto Commin, and crummes of leauened Bread, and boile them in wine or pisse, and make a plaister thereof, and lay it to the side.

For the impostume in the sides.

* Take Rue and drinke it oftentimes. Also stampe Figges with Oyle Olive, or with greace, and plaister it to the sore side.

Another

Another for the same.

¶ Take the iuyce of Scabious, and halfe a pounde of the powder of Coral, and mingle them together, and drinke thereof a good draught, and it shall breake the impostume of the side.

Another for the same.

¶ Take Parch Radish, Rue, Wormwood, Centory, Saune, stampe all these together, and drinke it fasting, and thou shalt breake the impostume inwardly, and auoid it outwardly.

For ach in the side or ribbes.

Take and annoint the sides and ribbes with the iuyce of Knotgrasse, and with the oyle of Roses, and it will help them.

For ach vnder the sides.

Drinke Sage with wine a little warmed, and it will ease the ach vnder the sides, and of the wombe, and it is good for the Dropsie or the Palsie. Also Cherule drunke with wine, easeth greatly the paine in the sides.

For all diseases in the sides.

Take Woorts, and make balles thereof being sodden, and grinde them to powder, and brew them in a new earthen pot, and after that gather them together with honey, and smere them well together, and make a plaister for the sore side.

For womens sides that be sore.

Take Hillwate, Alisander, Parsly, Louage, red Fennell Radish, Enula Campana, and seeth all these hearbs together in white Wine, from a pottle to a quart, and let the patient drink thereof morning and euening, till the paine be gone.

For the plurisie, and for such as are vsed to be let blood, to saue them from letting of bloud, and to dissolue all ill bloud.

¶ Take Rye-bread, and cut it in small shiuers, & set it in the wind for to drie, and when ye shall be pained with the Spleene, put

put the bread in the strongest Vinegar that you can get, and let it steepe therein sowre howres, till it is well soaked, then set it on the fire, and seeth it together, and make a plaister thereof, and lay it on the side whereas the griefe is, as hote as the party may suffer it, and it shall dissolue ill bloud, and take away the paine in their ordure: this hath beene proued for the plurisie.

A notable plaister for the plurisie.

¶ Take the rootes of wilde Mallowes, the greace of a hog, the greace of a Fore, and of a Goose or a Ducke, of each a like much, but not aboue one ounce of eyther: of fresh Butter halfe an ounce, of Terrebanthium half an ounce, of the fatte of beale fire drammes, of the oyle of Dyl halfe an ounce, of the mary of a Deere halfe an ounce, the powder of the seeds of Flaxe, vinegar and bay berries, of each three drammes, and eight Figges, beate all in a morter, then put all in a panne, putting Flaxe therin to binde it together, and stirre it with a stick vpon the coales, then take the whole or part thereof, and spread it vppon Leather, and couer it with silke, and baste it with thread like a quilt, and so apply the plaster to the place so grieued, as close as may be, and by Gods grace you shall find ease. Proued.

For the ach in a mans backe.

¶ Take Burre rootes, and make them cleane, and stampe them and temper them with stale ale, and boile it well, and straine it, & drinke thereof in the morning cold, & at night hote.

For the paines in the backe of either man or woman.

¶ Take Mallowoort and seeth it, and presse out the Water, and bray it in a morter, then fry it with sheepes tallow, & put thereto cleane bran, and plaister it to the back eyther of man or woman, and it shall helpe them by Gods grace.

For the raines of the backe.

¶ Take two new laid Egges, and put away the white, and fill the shell with the iuyce of Clarie, beate it well and straine it

For a man that may not hold his water.

¶ Take the clawes of a Goate, and burne them in the fire, and make therof powder, and let the sicke vse of this powder in pottage a spoonfull at once, and he shall be whole.

¶ Take Mallowes, a good quantitie of Gromell, and seeth them in Vinegar a good while, and then let the sicke drink therof warme, and he shall pisse soone after.

Another for the same.

¶ Take Lanberd, and make pouder thereof, and then let the sicke drinke therof with white Wine, and he shall quickly pisse, for this medicine hath been proued.

For a hard wombe, and for to pisse.

¶ Take Parsly seede, Ache, and Spurge, of euery of them foure ounces: stamp them to powder, and put it either into wine or water and drinke it morning and euening.

For to make a man pisse well.

¶ Take Pertory, stamp it, and fry it, and lay it all hot to a mans yard. Also make a plaister of the flower of Cockle, and water, and so lay it to the sicks yard. Also Linseed being sodden well in hony, and applyed to the place, causeth the man to pisse well. Proued.

For a woman that may not holdher water.

¶ For a woman that may not keepe her water, take Egrimony, and Salt, and stampe them together very small, then seeth it in olde Wine, vntill the third part therof be consumed, & then giue her thereof to drinke.

For a man or woman that may not well pisse.

¶ Take Galbanum, and lay it to the end of a mans yard & for a woman lay it to her nauell, and being thus applyed, it will help either man or woman.

Another for the same.

¶ Take a fewe of the crops of red Nettles. Sheeps tallow, Senson of a house top, and fry it well together and as hot as the man may suffer it, lay it to his yard, and for the woman lay it on her nauell all hot: proued.

For one that may not well pisse.

Take a quart of white Wine, and a good peece of stone, Pich, Annileeds, Parsly seeds, and a peece of Sugar, let it seeth from a quart to a pinte, and drinke it warme euening and morning: and it shall helpe the partie so greeued.

For straighnes of pissing.

¶ Take and seeth Camomill in wine or water, and oftentimes drinke thereof, it easeth and profiteth greatly for the stopping of the milt, and of the liuer. Proued.

Another for the same.

¶ Take the leaues of Stamarch, or Alisander, and put them on a Tilestone being warme, and lay it all hote to the priuy members, and it will raise the straightnes of the pissing, and abate the paine therewithall: proued.

For Gomora passio.

¶ Gomora passio is flowing of a mans seed against his will, and cõmeth of diuers causes, eyther for feeblenes of the raines, or of plenty of blood, or of a palsie in man: this passion is perilous, for it maketh a man or woman vnluckie, and their ioynts as sore as a man that is weary with trauailing, and hath no will vnto a woman.

Take the seede of Lettice, and make it in powder, and drink it with water, for it stoppeth the flux of kind, that passeth forth in the Patients water against his will.

Also the powder of Pints dried in an Ouen, best restoreth kinde, and restraineth the errours of the flux.

Also

In Wetting

Also Castorium boyled in the iuyce of Agnus Castus, that is called Tutton, and being drunke is good for the passion.

Also Amber orientall is a precious thing, and Caldo plaistered and laid on the raines of the backe.

Also temper the powder of Camphire with Mucilage or Veriuyce, or the iuyce of Morrell, and therewith annoint clothes and lay to the yard.

For all euils in the bladder.

¶ Take Ach, Parsly, Fenell, and Pimpernell all by euen portions, bray them together, and temper it with warme water and drinke it, for it will make the euils to passe, and for to cast out the stone that is in the bladder: proued.

Another for the same.

¶ Take Pozets that neuer was set, root and all, bray them and temper them with Wine, or with stale ale, and seethe it from a pottle to a quart, and take of the powder of Philopendula an ounce, and vse this nine dayes till thou feele thy selfe eased, and this God willing will helpe you.

For a priuy malady that a man taketh of a vvoman.

¶ Take a dead mans bones, and burne them, and make powder of them, and lay the powder on the haire, and thou shalt be whole by Gods grace.

Also if a mans flesh rise too much, let him drinke often Veruain, and his flesh shall not rise, nor hee shall haue any liking vnto a woman. Proued.

A vvater for a canker in the nature of a vvoman, or in the yarde of a man.

¶ Take an ounce of Roch Allom, and half an ounce of Verdigreace, and put therein Smithes water into a glasse, and let them boyle for the space of two houres, and wash the sore place therewith.

To prouoke flowers in women.

¶ To prouoke the flowers in womē, make a Fomentation of the decoction of the hearbe called Tutſon, and of the hearb called Centrum Galli.

Alſo take a gum that is called Serapini, and mingle it with powder of Centory, and lay it to the Nauell.

Alſo let the woman bath her ſelfe in the water that Camomell hath bene ſodden in, and it will helpe her.

Alſo take the iuyce of Marigolds drunken or eaten with a rere Egge, and meale made in Fritters doth the like.

Alſo to cauſe the flowers to flowe in women: take the iuyce of Nettels, and her vrine, and put it in the matrice.

Alſo make a fume or ſmoke of Sorax Calamitæ vpon coals, and let the woman receiue the ſmoke with a Fonnell.

Alſo Mine mingled with the powder of Mirrh and Southernwood cauſeth the flowers to flow in women.

For the exceſſiue flowing of womens flowers.

¶ The woman that is troubled herewith, muſt bee bathed with the water that the heabre called Woodip is ſodden in, and it will helpe her.

Another for the ſame.

¶ Take and make a Suppoſitory of the powder of Bole Armoniacke, and the powder of Sumack, of Maſtick, and the iuyce of Planten, and put it into the conduit.

Another for the ſame.

¶ Oaken leaues eaten, ſtoppeth the lungs, and exceſſiue flux in women, and chiefly the water drunke that the middle rinde is ſodden in, or the party therewith bathed.

Alſo to ſtop the flowers that flow abundantly: take and ſeeth fiue leaued Graſſe with raine water, and ſo let the party bathe herſelfe therewith.

For a woman that is in trauell with child.

¶ Take Lœke blades and scald them in hote water, and bind them to her nauell as hote as she may suffer it, and it will dow out the dead child and when the child is forth, say three times Quicunque vult ouer the woman, and she shal be safe.

For sicknes that causeth a woman that she may not conceiue with child.

¶ Take a Harts horne and burne it to powder, and then take Goats milke, and set it ouer the fire, then cast of the powder aforesaid, a quantity into the milke, & drink it off as hote as shee may suffer it, and this will ease her of her paine.

To make a woman soone to conceiue with child.

¶ Take the wine that Nep hath been sodden in, til the third part thereof be consumed, and giue it to the woman to drinke fasting, for three daies together, and she shal soone conceiue with child. Proued.

Also Ipocras saith, that a woman being conceiued with a man child is ruddy, and her right side is corny about, but if shee bee conceiued with a maide childe, she is blacke, and her left pap is corny about.

For a woman in trauell of child.

¶ For the after throwes of a woman if it be the first childe, take the house or bed that the childe was in when it came out of the mothers wombe, and wash that bed faire and cleane, and then cast away that water, and then take faire water, and therwith seeth the house of the child, and let it seeth a great while then take it out of the water, & bury it where you will, & giue the woman a quantity of that water to drink that it was sodden in, and she shall neuer haue the after throwes againe.

A powder for women labouring with child.

¶ Take Betony and make it in fine powder, and giue the party thereof for to drinke, and it will cause her to haue good deliuerance quickly.

For the whites in women.

¶ Take Galbanum an ounce, Mastick two peny worth, Galingall one ounce, Cinamon two ounces, Calamus aromaticus three ounces, Cucubes two ounces, long Pepper two peny worth, white Pepper two penny worth, beate all these together in a morter, with a quarter and a halfe of Suger, and let it bee fine powdered, and let the Patient take it in the morning in warme posset Ale clarified, and one peny worth of Maces boiled in the Ale, and at noone in her broth, and at night with a little boiled milke, the waight of a dram at a time.

To bring downe womens flowers.

¶ Take a spooneful of the iuyce of Isop, and a spoonfull of the iuyce of Germaunder and Sothernwood, in like manner take the wilde Tansie and wilde Time, and boile them in white wine and giue the Patient for to drink till she be whole.

For to make a woman to conceiue a childe speedily.

¶ Take Time, and make oyle of the crops and braunches, & it is good to annoint the woman about the Nauell, the wombe and the raines, that is to comfort her, and to make her conceiue with child quickly. Also to restore nature take Permaceti, and Burras, and grinde them together, and giue it her to drinke in Wine or Ale.

For to make a womans paps small that be great.

¶ Take the seedes of Hemlockes, and seeth them in vineger, and annoint oftentimes the breast and papps, and mingle the powder of Incense therewithall.

A medicine for paps that run, and be sore.

¶ Take Dorrell debayes, lap it in Moort leaues, and put it in the Embers halfe an houre, then stampe it as small, as you may

may, and do thereto Hony, and Vineger, and mingle them together, and do it in a bore, first lay a plaister of Garlicke vpon the sore, so boyle it in Vineger three or foure times, and it shall cease the running thereof.

For a woman that is troubled after her trauell with looſenes of her priuy parts.

¶ Take a quantitie of Venice Turpentine, and roll it in Sugar, and giue it to her, and cause her to swallow it downe, not chewing it at all. After that, cause an Alebery to be made for her, and put into it the powder of Camphire, and giue it to her to eate, and the Turpentine shall clense, and the Camphire shall close: your Camphire must be dried in the shadowe, so that the wind and Sunne do not come to it: proued.

For to deliuer a dead child forth of the Mother.

¶ To deliuer a dead child, seeth this roote of Aristilogia longa in Wine and Oyle, & make therewith a Fomentation. Also to deliuer a dead child out of the Mothers wombe, and the web that is in the woman, make an Iniection or Pessaire of the iuyce of this hearb Dittany, & mingle the pouder of the root therwith. Also make a plaister of Holyhocks, with a little Salt and Goose greace, and lay it to the matrice.

For a mans fundament that goeth about.

¶ Take the red Nettle crops, and bray them small in a morter, and doe them in an earthen pot, and do thereto a good portion of white Wine, and seeth them well together to the halfe, and giue thereof to the sick to drink first and last warme, and lay the substance of the hearb to the fundament, as hot as he may suffer it, till he be whole.

Another for the same.

¶ Take March and drinke the iuice, and lay a plaister thereto for that disease. Also against the paine of the fundament, or of the matrice, and of the bowels, seeth the leaues of Holihocke in water

water, and make a lewe of that water, & wash thee oftentimes. Also make a plaister of Scabious, and lay theron, but the Patient must receiue the smoake thereof beneath.

For the fundament another.

¶ For the small clifts that bleedeth in the fundament, lay therto the powder of Anthera, and annoint them with water that Dragagant hath been chafed in.

Another for the same.

¶ Take blacke Beanes, and grind them very small, and searce them well, and powder it on the fundament, and then put it in againe, then seeth the said meale in a pan, and mingle it with white Wine, and let it seeth till it be thicke, and then spread it on a cloath plaisterwise, and lay it as hot on the fundament, as may bee suffered, and remoue it twice or thrice a day: and renue it alwayes with freth meale, and you shall be whole God willing.

For the piles and Emerods, and for the euils of the fundament.

¶ Take Ekespire, Tapsebarbe, and bath the Patient in the same to the nauell, or bind the hearbe hote in a cloth, and let the Patient sit thereon.

Also take dry Bulbecks, and put into the fundament, and it shall be all whole.

Also heale the fundament close with a leafe of S. Mary Capper, and when one is dry, then take another and it shall helpe you quickly by Gods grace.

For to helpe the piles.

* Take English hony, and the iuice of Wormwood, of the small leaues or the rootes of Daffes pund very small, and put them in a linnen cloth, and put to the sore place, and so vse it thus till thou be whole.

For

For the Pyles and Emerods.

¶ Take Muskele sheiles and burne them in the fire, & then take the white of them and make it in fine powder, and put in a little English Hony, and temper them together, then lay it vpon a little linnen cloth, and so lay it vpon the soze Piles.

To stanch the bleeding of the Pyles.

¶ Drinke the iuie of Mylfoyle, and it will helpe you. Proued. Or the powder of burnt Garlike, and the Piles shall die Also take blacke Wooll & black Sope, and binde it to the Piles, and it will helpe you.

To destroy the Pyles.

¶ Take oyle of Roses, Frankensence and Honny, make an oyntment, of them, and put it in with thy finger into the fundament, and put Mirrh vnto the same, and vse often to annoynt the fundament therewith, and let the fume thereof go vp into the fundament.

For Pyles that do greeue a man or woman,

¶ Take the reddest and the newest Tarre that you can get, and make it in a plaister vpon a new Lockeram cloth, and make bolsters of some other thing, and so put two tapes to euery corner to tye about the patient, and once a day dresse the same with cleane clothes.

Another for the Pyles.

¶ Take a great Onion and cut out the core thereof, and fill it full of Suger, and stoppe the hole againe, and wrappe it in a browne paper: and binde it fast with pack thred and rosse it as you would rost a Warden: and when it is rosted, open it, and lay it to the soze place as hote as the party may suffer it.

Another for the Pyles.

¶ Take the rootes of Verueine, and the roote of the Mur, and stampe them and seeth them, & so lay them hote to the place

but first take a little fire, and on the same put powder of Frankensence, and let the heate goe vp into the sore.

For the Piles.

¶ Take Mollet leaues, and seeth them in faire water till they be soft, then take May butter and make an oyntment of the same, then vse thereof for the Piles, for it is a Medicine very well and often proued.

For the Emerods.

¶ Take Inde Sope, and make a plaister thereof, and lay it to the piles or emerods, or to the fistula, till such time as they be fall away of themselues.

For the Emerods.

¶ Take new milke, and a little fine flower, and seeth them together, and make a plaister of the same, and burne an Oyster shell, and make it into powder, then strew it thicke vpon the plaister, and as hote as ye may lay it to the place - Also let the party that hath them, blow his nose vpon a cloth, and strewe Soote vpon the same, and as hote as he can suffer it, lay it vnto the place, and it will helpe the same.

For the Emerods.

¶ The Emerods be fiue vaines that com to the fundament, that voideth melancholy blood, & may not be stopped too soone, it is good for this disease to bleed in the liuer vaine on the arme, and vnder the ancle, and let him drinke morning and euening the iuice of Pilsoyle, mingled with warme Wine, and plaister the hearbe to the fundament: if the matter be plentious, then hee must bee purged before that yee close vp all, for feare of a Dropsie or a breaking out. Also take the roote of Flonny, and make powder of it and make the yolke of an Egge, and wheat meale and mingle the powder and them together, then fry them well with greace or oyle, and vse the same nine or tenne times, and the party shall be whole.

For

For the Emrods.

¶ Take the crops of Elders and stampe them, and lay them to the place. Also Leekes & salt is good, and if they rise againe, lay them to againe. Also take the roote of wilde Pellitory, and grinde it, and put thereto the powder of Arsenicke, and lay it to the place, proued. Also Vinegar, Allom, and Deeres suet, of each a like much being boiled together, is very good.

For paine in the Emrods.

¶ Take Houseleeke and sheeps dung, and stampe them both together in a morter very small, then take of sheepes suet, and chop it very small, and put it in a panne, and let it seeth vpon the fire, then put in the Houseleeke, and the sheepes dung, and boyle all together, and when it is well boyled, take it off, and straine it through a linnen cloth into a deepe dish, and then annoint the patient therewith, as hote as hee may well endure, this hath been proued.

For the Emrods.

¶ Take a stoole with a seege, and let it be closed to the ground and then take a panne with Charcole, and set it vnder the stool, and as hote as may be suffered sit thereon, then take Frankensence beaten into powder, and cast a good quantity thereof into the fire. and sit on the stoole as close as you can, and when the smoke is gone, cast in more powder in the fire, and sit thereon in this order as long as ye may.

Another for the same.

¶ Take an Onion, and cut away the toppe, of a reasonable breadth, then pull out the hart thereof, and take powder of pepper, and put therein a good quantity, and set on the top againe, and take a great linnen cloth, and wet it in water, and wring it well with your hand, and wrap the Onion therein, and lay it in the fire till it be soft, and then take it out, and put it in another cloth, and lay it as hote as may be suffered to your fundament,

and when it is cold lay another on the place, and so haue alwaies readie fiue or sixe to serue your turne, or as many as you thinke needfull.

Another for the same.

¶ Take an Egge and rost it hard, and lay it to the Fundament, and when it is colde take another, as you did by the Onions: and if you put Verdegreace in your Onions, some thinke it better then Pepper, likewise you may cut the Egges in the midst, and take out the yolkes, and put in Verdegreace, and so lay them to the sore.

Another for the same.

¶ Take Neates foot oyle, and a little Harts-suet, and annoint the sore well therewith, and then take a Tyle-stone, and heate it in the fire as hote as yee may well sitte thereon, and if you haue no Tile-stone, then take a steele, and heate it verie hote, and so sit thereon: and if the place bleede, take a quantity of Bole armoniacke, and asmuch of the Harts-suet, and so vse them both together.

Another for the same.

Take the gumme that commeth of the Iuie tree, and annoint the sore well therewith, and take a Tile stone or a stoole as I said before, & sit vpon the same very hote: but if you bleede, take a good quantity of Mouseare, and a little Betony, & stampe them together, and drinke the iuyce thereof with a little stale Ale, first three or foure mornings together, and last at night whē you go to bed.

Another for the Emrods, proued.

First, take a good quantity of Shoemakers peeces, and burne them on a Tyle-stone very small, so that powder may be made thereof, then take a little quantity of Allom, and burne it likewise, and make powder thereof, then mixe them together, and put there vnto the liquor of a Swines gall, and if it happen

that

that the Swines-gall be dryed vppe by reason of long keeping then lay it in faire water all night, and it will returne againe into a ruddy collour: if you can get no Swines-gall, then take a little of the oyle that Coriours vse to dresse their leather, and mixe it with your powder, so that it may be somewhat thicke like a plaister, and if you thinke it smart too much, take more liquor and lesse Allom, and if you thinke it bite not sore enough, then put more Allom thereto, and when this medicine is thus made, annoint the sore therewith: and if there bee any pappes comming out of the Tuell, when the sore is annointed, take a peece of the skinne of the gall, and lay the inner side of the skinne vpon the pappes, and it shall ease them greatly, but if the sore be within the Tuell, take and annoint it within with your finger, as far as you can, and it will helpe the same.

For to destroy the Emrods.

¶ Take olde shoes and burne them to powder, then take a sauter full of Honny, and then take as much oyle Oliue, that is olde, and temper them till they be thicke, and lay this medicine to the sore place, eyther for the piles or Emrods.

For the Emrods.

¶ Take redde Worts and seeth them in a pot, then take the pot, and set the same vnder a close chaire, and sit ouer it, and wrap your clothes so close that no aire come forth, and sit so still till it ware colde, then take of the same liquor, and therewith annoint the party. Also take a plate of Lead, and rub thereon a quantity of Bores greace for a man, and Swines greace for a woman, and wash it out with white Wine, and annoint the Emrods, and it will heale the same.

For all euill in the flanks.

¶ Take nine Bay leaues, and dry them, and make them into powder, and mingle them with what liquor you will, and drinke thereof euening and morning.

Another remedy for to helpe the flankes.

¶ Take Capons greace, and make an ointment thereof, and annoint the sore flankes therewith.

Also the roote of the flower deluce being dried, redde Roses, dryed, Gallingall and Pasticke, of each a like quantity, these being beaten to powder, and made into ointment with a little oile of Roses or oyle of Linseedes, easeth the paine.

Also the decoction of Plantine, Bursa Pastoris, Horsetaile, and Knotgraste, all these are exceeding good to helpe the chafing of the skin and flankes.

For chafing of the flankes.

¶ Take Beane flower, Barly flower, and the flower of Fitches, tempered with a little oyle of Roses, it maketh a precious ointment for the same.

Also if the chafing be very great, it is good to make a bath of Hollihockes, Dill, Violets, and Linseedes, with a little Bran, and then to wash the place often therewith.

For sore knees that do swell and ake.

¶ Take Rue and Louage, and stampe them together, and put thereto Honny, and make thereof a plaister, and lay it to the sore knees, and it shall put away the swelling and the ache within three or foure times using thereof.

For the swelling of the knees.

¶ Take the water of the party grieued, after that it hath stoode three or foure dayes made, then seeth it, and scum it verie cleane, and wash the place as hote as may be suffered therewith. Also Pilkoyle fryed either with Deeres suet or Sheepes suet, & laide hote to, is very good for the same.

For the ach or swelling in the knees.

¶ Take two handfuls of Lauender leaues, or the flowers, or both together, stampe them in a morter very small, and steepe the

the Lauender two houres in a pint of Malmesie, then straine it through a cloth and boyle it well, and then with a Spunge all to bath the swelling of the knees, or the ache thereof, and within fiue or eight dayes using, it will helpe you God willing.

For the ache or swelling in the knees.

¶ Take Sorrell, Vinigar, Smallage, and Sheepes suet, and melt the suet, and put in these hearbes, and make a plaister thereof, and lay it to the sore knee.

Also against the ache and swelling thereof, bruse the flowers of Plantaine with salt, and lay it thereto. Also the leaues of Plantine stamped and layd thereto, helpeth.

Also the iuice of an Onion being mingled with the greace of a Henne, and made in manner of an oyntment, and so vsed, helpeth the same.

Also bath your knees in the water that Elder leaues haue been sodden in, and it wil helpe you.

For him or her that is diseased in their knees, or in their ioynts, that they may not goe.

¶ Take a blacke Sheepes head, and smite it all to peeces, woole and all, and put it into a potte with water, and seeth it till it be as soft as pappe, and then pluke out all the bones, and set it on the fire againe, and put vnto the same a good quantitie of Otemeale, and let them seeth till they be thicke, and then lay it vpon a peece of leather, and while it is very hote lay it to the parties ioynts, and they shall finde great ease of the swelling of their ioynts. Proued

For a sore knee.

¶ Take and seeth Beanes and Honny, and rawe Egs, and make a plaister, and lay it vpon the sore knee as hote as you may suffer the same.

For the swelling in a mans knee.

¶ Take a blew woollen blanket of cloth, as much as will lap about the knee, then take the white of two or three Hennes Egges

Egges and beate them well in a dish, and spread it vpon the cloth, this done, put the yolkes of the Egges into a dish & beate them, and put therto as much or more of black Sope, and beate them well together, and when they be well beaten make thereof a faire salue and spread it thick vpon the cloth, and the white of the Egges thereon reasonable thick: then lay this vpon the sore knee, and role it fast theron for three dayes, and it will put away the swelling and the ach thereof. Proued.

For aches and swelling in the knees.

¶ Take a quart of Malmesie and a handfull of Time, boile them very well togther, and when it is halfe boyled, put therein a good peece of sweet Butter, and let them boyle together frō a quart till it come to a pint, and when you doe goe to bed, bath your knees well therewith, and also wet a cloth three or foure times double thrien, and lay it vpon them as hote as may bee suffered, letting it lie on all night, and vse this fiue or seauē times, and it will helpe you by the grace of God.

For a great ache in the knees.

¶ Take Ground-Iuy which hath leaues like Catmint, and hath a red flower, and the leaues of Pentriall, and the leaues of Elder, and let them be sodden in Swines grece and the marrow of a Hare, and annoint the party so greeued therewith.

For ach of the legges.

¶ Take the leaues of the Elder tree, and Pentriall, & Cinckfoyle, and make thereof a plaister with Barrowes grece, and lay it to the ache of the legges, and it shall helpe them.

For ach of the legges.

¶ Take and drinke the iuice of fiue leaued Grasse. Also you may vse Sowthistle, Chickweed, Elder leaues, Groundsell, and Cleauers, of each of these a handfull, dry all these betweene two Tiles, and lay them to the place that is pained, let the hearbs be first washed ere they be dried, and it helpeth,

For

for ache or swelling of the legges.

¶ Take Otemeale and Milke, and put thereto the iuice of Houseleeke, and sheepes tallow, and let them boyle altogether till it be thick, and make a plaister thereof, and lay it about the sore, and that shall ease the aking, and take away the swelling of the legges, proued

For all manner of ache in the legges.

¶ Take Sage, Rew, Wormwood, Sorrell loaues, Horehound, Red nettles, and stampe them all together, and mingle them with May butter, and let it stand so tenne daies, & fry them often, and straine them cleane, and melt therewith Incense, and this serueth for al maner of aches in the legges, if you vse thereof when you stand in neede.

For black horrible swolne legges.

¶ Take Selondine, Horehound, Hearbe bennet, and seeth these together in water till the halfe be wasted, and therewith wash the sore legges euery day three or foure times, and make as much at a time as will serue fiue or seauen times.

For a note sore legge.

¶ Take petty Sorrell, Plantaine, Smallage, Hearbe bennet, Sengreene, Violet leaues, and the leaues of Tutsetne, Marigolds, and grinde all these together, and wring out the iuice and put it in a little Wheate flower and Hony, and the white of an Egge, and meddle all these together, and lay it vpon the sore all cold.

For swelling in the legges.

¶ Take three spoonfuls of Rose water, and three spoonfuls of Fennel water, and three spoonefulls of good Wine Vinegar and put them together cold, and skimme off the fome of it, and then take a linnen cloth and dip it in, and lay it to the sore place.

For

For a legge be it neuer so sore

¶ Take the most part of a Cowturd, and lay it vpon a cloth plaister wise, and lay it to the sore place, and if there be a hole in the legge, make a tent of the same, and put it into the hole, and lay the plaister thereto, and let it lie till that it doth come off it selfe, and you shall find great ease.

For a sore legge.

¶ Take the flowres of Cammomell, a handfull of Sothern wood, Mallowes, Groundsell, Sage, a handfull of each of these, beate them small in a Morter, and boyle them in Milke, and put in the seething thereof the seed of Fenegreeke in powder halfe an ounce, Anniseeds, Fennell seede in powder, of each an ounce, and a little May butter, boyle all these together, and when it is but warme, put into it foure or fiue yolkes of Egges, and mingle them all together, and lay it to the sore legge, and in the boyling, put thereto a pinte of good red Wine, and it will be the better.

Another for a sore legge proued.

¶ Take Celondine, Sage, and Woodbind, a handfull, seeth them in a gallon of running water to a pottle, and then straine it and seeth it againe, and put thereto a pint of honey, a handfull of the powder of Allom, a peny worth of Graines beaten in fine powder, and skimme it till it be very cleare, and then keepe it in a glasse, till such time as you shall haue neede to vse it, then take a cloth and wet it therein, and wash the sore therewith oftentimes.

For paine in the feete.

¶ Against the paine of the feete, if any hath beene bruised or crushed, take and eate the roote of the middle Mugwoort with honey, and it will ease the paine thereof.

Also let the party annoynt his feete with the iuyce of Clary very often, and it will helpe him.

For

For the swelling of the feete.

¶ Against swelling, and aches of the feete, bruse the flowers of Plaintaine, with Salt, and lay thereto.

Also stampe the leaues of Plantaine, and lay thereon.

Also take the iuice of an Onion, beeing mingled with the greace of a Hen in manner of an oyntment, and annoint your feete often therewith.

Also bath your feete in the water that Elder leaues was sodden in.

For cornes in the toes.

¶ Take of vnslaked Lime a little, and quench it with strong Vinegar, and when you will occupie it, pare the corne, & mingle it with Rose water, and lay it too.

Also take the gall of a Swine being dried, but first wash it with hot water, and strew the pouder thereon.

Also take and cut away the the corne, and drop into it a drop or two of a black Snaile, and put therto the pouder of Standler, and it taketh away the corne.

Also take marigolds stamped, and lay vpon the sore euening and morning, and it profiteth, or else pare your corne, and lay thereto Turpentine, and red Waxe boyled together, and make a plaister thereof and it helpeth the corne of the toe.

Rules for blood letting.

GAlien, Ipocras, and Auicenna, and other Maisters of Phisicke, accord and say, that letting blood of the veine, and that is called Fleobatomatum, or it is ventosing, caruing or cutting, and letting blood of any of these wise is good for mans health of body, for blood immingled with other humors that is to much, or else corrupted by the cause of much sicknes: it is therfore good to know which veines in a man should bee let blood, and for what sicknes.

The veine in the forehead is good for the frensie and aking of the head, and for the Meigrim, and for the Morphew, and scab in the face, for the postumes in the eyes both hote and cold.

The veine in the heart is good for a mans mind, and for the Rume that is it within the forehead, and for the watring eyes.

The veines in the temple is good for the Meigrim, and for the headache of the eyes, and that hath long lasted, for the sicknes of the eyes, for ache in the eyes, and for the great heate in the temples.

The veines behind the eares is good for the blaines and pimples of the head, for the Meigrim and ache in the head, it helpeth mans mind, it is good for Tooth ache, and for the gums, and for all vices in the mouth, and it purgeth the Rume of the head.

The veines in the corner of the eyes nert the nose, is good for the Meigrim, and for all the sicknes of the eyes, and for the sight Cephica tum prius apta.

The veine in the toppe of the nose, it purgeth the braine, it is good for ache, and flure of the eyes, and for the ache of the nose.

The veine in the cheekes is good for the meigrim, & for spots or scabs in the head.

The veine in the mold is best for to bleed, and for to wash thy head with the same bloud.

The veines of the ouer lippe, and the nether, be good for hot blaines in the mouth, and for apostums, and for hot euils in the mouth or gums.

The veine vnder the tongue is good for postums, and rums of the head and gums, and all maner of vice of the eyes, mouth tongue, tooth-aking, & blaines of the nose, mouth, gums, and for the apostumes and swellings vnder the throate.

The veines vnder the chinne is good for the Kings euell, and for Saucefleame, for spots and blaines in the face, and other ach of the eyes, the gumes, and for ache in the nose.

The veines of the neck before is good for the Squinacy, and for all manner of apostumes and swellinges that come from the head to the eares, or to the gums, that causeth the toth ach, whe-

the

the breath beginneth to be short.

The veine of the liuer that is called Basilica, it is good for the Jaundise, and for chasing of the liuer, and for all maner of dropsie, and it is good for all euils in the breast, and aking of the back shoulders, sides, and stomack, and for the Postume that is called Pleusies.

The head veine that is called Cephanica, it is good for the Meigrim, and for the head ache, and for madnes of the mind, for ache and all other vices in the eyes: teeth, tongue, and Squinacy, and other euils that come to the throat.

The heart veine that is called Cardieca vt medium, it is gentle purgations, for it draweth bloud and humors of all the body, but namely it is good for sicknes, and purgations of the hart, breast, stomack liuer, and lungs.

The veine aboue the thumb is good against all Feauers, and most Feauer quartaine, and for all euill of the gall, & for straightnes of the breast.

The veine betweene the thumb and the fore finger, let bloud for the hot head ache, for frensie, and madnes of wit, and for sicknes of the head, Cephanica, let the bloud of the veine in the forehead if it be need.

The same veine on the left hand is good for Litargy, and afterward bleed in the forehead.

The veine which is betweene the little finger and the next thereto, is called Salua celsa, you must let bloud in the right hand for postumes and sicknes in the stomack, and for all euill humors about the liuer.

The same veine on the left hand is to be let bloud for impostumes and gathering of euill humors about the milt and spleene: it is good for the black Jaunders.

The ouer veine in the yard is good for the Crampe, and for Sciatica passio, for swelling of the wombe, for the dropsie, and for the stone.

The nether veine of the yard is good for the sides, for the rains bladder, for swelling of the stones, and for the emrods.

The veine beneath the knee helpeth the knees: and it is good

or aking of the thighes and the ioynts, that is called Sciatica passio.

The veines beneath the knees both within and without, is good for the liuer, sides and thighes, and for the matter that is aboue, and for to draw downward.

The veine in the hammes is best for with-holding of Womens purgations, for it is the next matter as saith Auicen, and also it clenseth mans bodie.

The veine that is vnder the knockle which is called Sophena, it is good for postumes, swellings and akings, and other euils that come to mans body from the head to the foot, it allwageth them, it is good for the stone and letting of vrine, it helpeth the matrice and womens purgations, it is good for ẏ scab that is called Malum morrum de basilica.

The veine that is vnder the knockle without, that is called Sianca, it is good for aking that is in the thighes, & goeth down to the legges and to the feete, and for the Podagar, and for the scab, it helpeth most the aking of the thighes and ioynts, that is called Sciatica passio.

The veine that commeth to the great toe on either foote, it is good for the goute in the eyes, for blaines and spottes in the face, and for postumes and euils of the stones, for the bloud, for cankers, festers, and sores in the thighes and legges, and for with-holding of womens purgations.

As for the time of letting bloud, to wit, that neither in hote weather, nor yet in great colde, nor in rainie weather, nor in mistie weather, nor in the weather of great tempest, nor in the old Moone, nor in the new: that is to say, foure daies before the change, neither foure dayes after, but the three first quarters be good, see that the Moone bee in a good signe, and from S. Bartholmewe tide to Saint Peters tide: till Februarie let the bloud on the left arme, and in January on the right, that is to say Ver or Sommer, from the xvb. day of July to the fift of September let no bloud, for then the canicular dayes be, after the teaching of Galien and Auicenna.

Rules

Rules concerning bloudletting to be obserued.

Also be yee alwaies well aduised, and wary, that yee let no bloud, nor open no vaine, except the Moone be either in Aries, Cancer, the first halfe of Libra, the last halfe of Scorpio, or in Sagitarius, Aquarius, or Pisces, remẽbring also that you ought not to do it in the day of the changing, nor in the day next before, nor next after the same, or when the signe is in the place where the incision should be made: neither in the heate of Sommer, as from middle July vnto the middle of September, nor in the cold time of Winter, when there is much frost and snowe, except vrgent necessitie forceth you thereunto. Also if you chose out these signes following, appointed vnto each complection, doubtlesse you shall do the better, so that time and occasion will suffer it, as thus.

Open a veine in the flegmatique person, when the Moone is in Aries, sauing in the head.

In a melancholliche man, the Moone being in the first halfe or fifteene degrees of Libra, except in the hips, or whẽ the Moone is in Aquary, sauing in the legs.

In a cholerick body, it is best to let bloud what time ỹ Moone is in Cancer, sauing in the breast, the last halfe of Scorpio, sauing in the priuy members, or in Pisces, sauing in the feete.

The sanguine man may bleed in any of the foresaide signes, so that he doit not what time the signe is in the member, or the season inconuenient therefore. Beware also yee Chirurgians, that you make no notable incision, as to cut Ruptures, take out the Stone in the bladder, deuoid from the body any naturall Excrescentes, Wennes, or Nodes, to dipart, deplorate or rotten members, to root out the Canker in the breast, let out the water collected in the belly through the disease Afcites: to bee short, to make an incision or cautherization in any member, or to remoue the Catricle from the eye, or to attempt any other

the

like thing by manuall working vpon the body of man, when the signe gouerning the same is in the member in the which such attempts are to be made for the remedy of any of these diseases aboue said: or when the Lord of the ascendent or first house, is the same signe that gouerneth part of the body at that time, or when there is any oppositions, coniunctions, or quartile aspects of Saturne and Mars, or when any Planet is euill aspected vnto another, or when the Moone is in the signe of Leo, or in the day of the change, or full, except great necessitie require it.

Moreouer, I would wish no incission to bee made about the full of the Moone, where-after any great flure of bloud may bee feared to ensue, though the signe be neuer so meete, but rather let it be done in the waine of the Moone.

As touching the stone ruptures, Dropsies, to be holpen by way of incission, I haue rather mentioned them in this place, because that the rude and ignorant Chirurgian may be brought to the true practise and knowledge heereof. I doubt not but to make many partakers of the benefit thereof, whose good intent I would wishe either to follow in those attempts, and so to vse it in vtter refuge, when other meanes will take no place in that case, it beeing a most assured remedy for the true and due obseruations of letting bloud, right well allowed, and practised at all times.

Rules for purging.

ALso it is good to take purgations when the Moone is in Cancer, Scorpio, and Pisces, to giue pilles especially whē the Moone is in Pisces. Purge by drinkes, electuaries, boles, when the Moone is in Cancer or Scorpio, remember that you purge not in the change, nor in any vnfortunate aspect of the Planet vnto any other, neither in the extreame heate or cold of the yeere.

Now, if any man would know what commoditie purging or bleeding bringeth, being rightly vsed, and done in such sort as it ought to be done, or what dyet and exercise should be vsed after

after bleeding, and order obserued in purging with the inconuenience and harme, which may and doeth dayly proceed of the negligence and vnskilfulnes in the contempt of the same.

For all diseases through the body, and for all kind of Agues.

TAke Purslaine, Gentill, Bursa pastoris, and stampe thē altogether, and do therto Vinegar, & bind it to the pulses, & it will greatly helpe you. Also take the powder of Cloues and Pepper, of each a like quantitie, and eate fasting at one time as much as will lie vpon a sixpence, and drinke not in an houre after.

Also let the partie so greeued with the Ague, take halfe a pint of his owne water, and a penyworth of Pepper brused and put therein, and let the partie so greeued drinke thereof all an houre before that the fitte doth come vpon him, and let him lie downe and sweat as much as he may.

Another for the Ague.

¶ Take a pottle of thinne Ale, and put thereto a handfull of Parsley, as much redde Fennell, as much Centory, as much Pimpernell, and let the Ale be halfe consumed away, and then take and drinke thereof.

Another for the Ague,

¶ Take three Burre rootes, and wash them, and straine them, seeth them with halfe a pinte of Ale, and so drinke thereof luke warme before the fitte doth come.

Another for the same.

¶ Take Endiue, Sowthistle, Dandelion, Lettice, Sorrell, of each a like much, and still them altogether, and giue it to the party so greeued, it is very good against the Ague.

Another experiment for the Ague.

¶ Take foure handfuls of Groundswillie, & stampe it small in a Morter, and put thereto three spoonfuls of Vinegar. & three spoonfuls of Bay salt, grind them altogether, then put them in a pewter dish, and set them on a Chasindish of coales and stirre them together till the liquor be almost dry: then lay it to the wrists as hote as the party can suffer it, euery time an houre before the fitte doth come.

For the Ague an other medicine.

¶ Take a handful of red Sage, and a handfull of red Nettles and a handfull of Hearb grace, and two spoonefuls of Bay salt, and a spoonfull of strong Vinegar, and a peece of leauened bread, and let all these be well beat together: and binde it to the pulces of your wrists before the fitte doth come, and it shall helpe you by the power of God: proued,

For the hote Ague a remedy.

¶ Take the iuice of Sengreene and the whites of 4. Egges and faire flower of Weate, and meddle it well together, & make thereof a plaister, and lay it to the patients sides, then take the water of Betony, the water of Pimpernell, Scabious water, water of Turmentill, the water of Radish of each of these a like much. and meddle all these together, & giue the patient to drinke all hote, before that his fitte doth come.

Another for the same, proued.

¶ Take a pinte of the iuyce of Sorrell, and put it into a pot of Milke, when it beginneth to seeth vpon the fire, then take it off the fire, and let it stand, and it will haue a curd vpon the same like vnto a posset curd, then take the curd off, and let the Patient drinke thereof a good draught at a time, as hote as he can possible endure to drinke it, and by Gods grace, it will help him within two or three times seuerally drinking. This Medicine hath been proued.

Another

Another for the same.

¶ Take a handfull of Smallage, a handfull of Bursa pastoris, and so much white Frankensence as will couer two shillings at thrice, and asmuch Bay salt, and bray them in a Morter, and so lay them vpon a thinne cloth to the wrist, and about the arme at night when you goe to bed an howre or two before that your fitte doth come vpon you.

For the burning ague.

¶ Take a handfull of Smallage, a handfull of Fetherfew a handfull of Red sage, stampe them all together, and take three or foure spoonefuls of the parties water, and asmuch Vinegar, and boile them altogether on the fire a little while, and take a quantity of the same hearbes, and wringing the liquor out of the lay them vpon a cloth, and bind it hote vpon your temples, and not vpon your forehead, then take the rest and binde it to the parties wrists as hote as hee may suffer it, before that the fitte commeth, and within three or foure times dressing, hee shal finde great ease, and be helped of his Ague.

Another for the same.

¶ Take a pottle of Water, with halfe a pinte of Vinegar, take also Endiue, Suckorie, Violet leaues, fiue leaued grasse & Strawbery leaues, of each of them a good quantitie, & seeth the to a quart, and put thereto halfe a pound of Sugar, and drinke thereof morning and euening.

For the quartaine ague.

¶ Take Ribwoort, Beet roots, and the leaues, to the quantity of three or foure handfuls, wash the hearbes cleane, then stampe them in a woodden dish, with a woodden pestle, & straine the iuyce from the hearbes, and drinke it Milke warme, and this taketh away the humors of the stomacke, & from the heart within fiue or sixe times vsing: it cureth and helpeth the sicke party so grecued with the Ague: proued.

For the Ague comming with colde.

¶ Take fiue crops of Rosemary, and fiue croppes of Sage, and fiue crops of Marigolds, nine Bay leaues, and a quart of strong ale, seeth all these together well, and drinke it with pepper being warme and vse it.

For seauen Agues in children.

¶ Take the powder of Christall, and lay it in soke in Wine, and giue it to the Childe to drinke, and the sucking child shall be whole.

Also take Morsus Diaboli, the roote and the hearbe, and hang it about the necke of the child.

For all manner of aches a Seare cloth.

¶ Take Ware, Turpentine, Rozin, hard Pitch, Bozes greace, powder of Commin, powder of Bayes, Frankensence oyle de vte de popilion, and take all these things saue the powder, and set it ouer the fire, and stirre it fast til it bee molten, and set it downe and skim it not nor straine it notat all, stirre it fast til it be nie cold, and then strew in thy powder with thy hand as thou wouldest strew flower into a Childes Pappe, and when it is all in and welny colde, spread it with a slice vpon a peece of leather, and when it is spread vpon the leather, take a new linnen cloth, and lay it vpon, and couch it fast, and at your need vse it.

For a cold and ach in the limes.

¶ Take a handfull of Suger, a handfull of Endiue, a handfull of the red flowers of Archangell, and a quantity of Dandelion, and seeth the same in Mutton, and eate the Mutton, and drinke the Broth, and you shall find ease.

Another for the same.

¶ Take a handful of Balme, and a handful of Rosemary, a handfull of Mallowes, a handfull of Smallage, a handfull of Mallowes,

Wall flowers, and al manner of sweete herbes that ye can find & seeth them in a tankerd of water with halfe a pecke of wheate braune: & when it is sodden, straine the herbes through a cloth as you would do a bucke, & set it on the fire & with other water straine it: and so bath you and sweat, and you shal be whole God willing.

For aking of the ioyntes.

¶ Take March Mallowes, and sweet milke, Linseedes, powder of Comin, the whites of Egges, Saffron, and white greace, and fry all these together, and lay it to the aking of the ioynts: this hath beene proued.

For ache in any place, or oyntment.

¶ Take and chafe a Stere till hee scummer: then take that dung and fry it with Sheepes sewet, or else with Salet oyle, and it will come to a fine oyntment, and then annoynt the place therewith: proued.

Also take the oyle of Mace, and annoynt the ach with-all and it will helpe you.

For ach in the bone or ioynt.

¶ Take a priked Harts skinne, fliuer or draw him, and cut it in small peeces, bones, flesh and al: take that and wash it clean that no bloud be therein, then take cleane water, and set it ouer the fire, and as it seethes scume away the fat and saue it, and let it seeth till that no fat wil come of him, and then cast away the flesh and put it in a boxe, and annoynt the greace where the ache is, and it shall bee whole: and do this three or foure times.

A medicine for al aches.

¶ Take halfe a pinte of wool oyle, a quarter of a pinte of Neates swte oyle, and halfe a pound of Barrowes greace, first set the Barrowes greace vpon the fire and skume it cleane put in your Neates swte oyle, & heat them all three together being

cleare fire, then scum it cleane, and put in your Woll oyle, and beate them all together, then boile them together, and take them off the fire, and vse it at your need.

A medicine for all aches in the bones.

¶ Take the gall of an Ore, and set it on the fire, and seeth it and scumme it till it be very cleane, and put it into a glasse, and stoppe it close, then take Neates foot oyle, and gather it verie fine, and put it into a glasse also, and stop it close: then take Aqua vitæ in an other glasse, and stop it close: then take of the oyle and waters aforesaid, of each euen portioned, and two times so much portion of the Aqua vitæ, and put them together in one vessell, so warme it and annoint your griefe, and it shall help you God willing.

Another medicine for the ache.

¶ Take Swans greace, Goose greace, Hens or Capons greace, of each of these a quantity, but the more of Swans greace then of all the rest, and when they are mingled together, then take a pinte of Malmesey, and a handfull of Lauender spike, Rosemary as much, and let your Malmesie seeth till it be almost wasted, and then put altogether with a little Bores greace, and so boyle them, and vse them for your ach, and it shal ease you.

For him that is fallen broken.

¶ Take a trusse and trusse the party so straight as he can, and it will very much helpe him.

Also take the iuyce of Madder, the iuyce of rodde Nettles, the iuyce of Hemp, the iuyce of Bugle, the iuyce of Camphire, the iuyce of Cawle, of each of these two Saucerfuls, of Wine foure Sawcerfuls, of Honey three Sawcerfuls, boyle them all together, and skimme them well, and then take it downe, and drinke thereof daply first and last, fiue spoonefuls at once, the space of fourteens dayes.

A

A plaster for a man that is broken.

¶ Take of Bugle, of Cawle, of each a like much, stampe them small with a little of the haire of a Harts skin, then take an ounce of Wax, and melt it with a spoonfull of butter, and put to your Bugle, and Cawle, and the haire: and stampe it with a little Bole armoniack, and fry them altogether, and stir it, and make thereof a plaister, and lay it on a peece of leather, and lay straight vpon the place of your sore, and so serue it three or foure daies, and so giuen the space of twelue dayes.

For a man or a child that is welnie broken, and to heale them.

¶ First make fire pellets in this maner, take the roote of Polipodii, and the roote of Betony, the crop and root of Daisies, of euery one an ounce and make a powder thereof, then take Bole armoniacke an ounce, and a halfe, of Honny clarified an ounce, of these make a plaister, and if it be too thinne put more powder thereto, and if it be too thicke put thereto more Honey, and take and rowle it and make pellets thereof as many as ye may make thereof: then take more of the root of Polipodii and the roote of Betony, and the crops and rootes of Daisies, of each two ounces, and punne them as you do Gerene sauce, and put that iuice into a quart or more of Ale that is stale, and boyle it to a pint, and straine it through a cloth, then boyle it againe with Sugar three penny-worth, and when the Sugar is molt then put it in a Glasse, and euery day eate a pellet thereof morning and euening last, and drinke euery time the quantitie of three spoonfull of your drinke in the Glasse, then if your drinke be done, you must make more: but you must vnderstand that the sicke man must lye vpright fire dayes, and that he be bound wisely and faire, and that hee eate laxatiue meates for straining of the humours, and it shall heale him mightily: and surelie proued.

If

If a man childe be new broken, this will cure him.

¶ Take the roote of Camphire, and the leafe of Dimond, and the yong roote of Elme leaues, Auence, and leaues of Padder, and the leaues of Cattire, of each of all these a like much, these must be sodde altogether in new Ale with a good quantitie of clarified Hony, and skimme it and put it into a pot, and every morning drinke thereof fasting, and also at euening: and binde it vp very straight:

For broaken bones, in what place soeuer they be.

¶ Take a new tile, and masse him in the fire, and make it all to powder, then tye it in the fire againe till it be redde, let it keele, and take that powder, the iuice of Daisies, and the iuyce of Camphire by euen portions: and melt altogether, and make a plaister thereof, and lay it to the bone that is broken, and euerie day renew it thereto. Item take Daisie and Camphire and Egrimony, and temper them with Vinigar, and lay them thereto and it shall helpe them so greeued.

For the bone ache and to take it away.

¶ Take Sperewort, Oliues, Crofoote, hearbe Christopher, Wallwoort, Henbane, Hony-suckle-flowers, Culrage, Rosemarie, Mallowes, redde Woort leaues, red Onions, and Ribwoort, still all them by themselues, and after meddle altogether, saue onely the Sperewort, which must be medled with halfe a part of the other Waters, meddle them before the heate of the fire with your hande, and annoynt the place there-with oftentimes.

To knit a broaken bone.

¶ Take Auence, Camphire, Egrimony, and temper them with Vinegar, and lay it to the bone. Also take Daisies, the crope

crops of Hempe, and red Colewoorts, and redde Nettles, and Bramble-leaues, Setherne-wood, Tansie, Pimpernell, Betonie, Buglosse, Madder, wash them and beate them small, and drinke the iuyce thereof both morning and euening.

For all manner of bones that aketh.

¶ Take a pinte of White wine, and the gall of an Oxe, boyle them well, and skimme them cleare, then take crummes of white Bread, and put them thereto, and make thereof a plaister, and lay the same to the griefe foure or fiue times, and it shal helpe you.

For broken bones.

¶ Take Crey-land that is burnt, and grinde the same to powder, and put thereto the iuyce of Daisies, and the iuyce of Camphier, and strew on the powder till it be thicke, and lay it to the place plaister-wise, and the broken bone shall knit againe verie shortly, and become whole.

To make an ointment for burning of Gunpowder, or for scalding with water.

¶ Take a quart of Boyes greace, & two handfuls of groundswel, and two or three heades of Houseleeke, and stampe the hearbes together, and then put to it of new sheepes dunge two handfuls, and as much of Goose dunge, and stampe altogether, and fry them, and being hote, straine them through a cloth into an earthen pot, and with the same liquor annoint the sore that is burned with Gunpowder.

To take away a heate or burning with Gunpowder.

¶ Take a good quantity of Houseleeke, stampe it, and wring out the iuyce: then take the white of fiue Egges, and beate them in a dish till they be thin, and then take off the scum and put the rest together, and wash the sores with a linnen cloth and after lay a wet cloth on the sore.

A remedy for burning or scalding, or any hurt with an hand-gunne.

¶ Take the dung of Geese of one nights making, and fresh butter vnsalted, or else clarified Sheepes suet, and trie the same in a frying panne a good while, vntill your suet be almost consumed, then put them in a course linnen cloth, and straine them into a small vessell, then take a feather, and dip it in the liquor, and annoint the place where the patient is so burned or scalded, and when you haue so done, wette a fine linnen cloth in the said liquor, and couer the sore withall, and vse to doe this twice or thrice a day.

For burning or scalding.

¶ Take halfe a pound of Sheepes suet, and as much of the crindels of Sheepes dung, and a quarter of a pound of the inner rindes of Elder trees, and fry them altogether, and draw it through a cloth into a pewter dish, and it will be salt, chafe it against the sore.

For burning a medicine proued.

¶ Take the white of Hennes dung, and of Sheepes dung, of ground Iuie, of Houseleeke, sheepes suet, and boile them altogether, and straine them, and so annoint the burning sore, and take a Rose campion leafe, and lay it aloft vpon the place, and a thinne cloth vpon that, and it shall helpe it.

For burning a remedy.

¶ Take a quantity of Bores greace, and put the same into a frying panne, and wring out the greace, reseruing the suet, then take not fully so much Rape oyle, and put it thereto, with two or three spoonfuls of cleare Vinegar and Water, labouring them all very well together, and so reserue it to your vse, but stop it very close till such time as you neede, and this shall helpe you.

For

For burning with fire.

¶ Take blacke Varnish, and all to annoint the place with a feather, and it will both stay the heate and heale it as faire as euer it was, this you may vse till you be whole.

For burning or scalding.

¶ Take a good handfull of auence, and asmuch of Sheepes dung, and fry them well together in May butter, and straine it, and vse to annoynt the greeued place with the same cold twise a day, and annoint it first with gray or blacke Sope, and it will helpe thee: this oyntment must be spred vpon a flaxen cloth if you can get it.

Another for burning or scalding.

¶ Take oyle Oliue, and beate the same with water till it waxe very white, and annoynt the sore place therewith.

For burning or scalding.

¶ Take Snowe-water, and that will allwage the heate, and then take the white of an Egge, and clippe the haires of a Connies skinne, and dip them in the white of the Egge, and lay it to the burnt place, and it will heale it, and it will cause the skinne to be more faire then all the other: proued.

For all bruzes a medicine.

Take Planten, Opin, Camphire, Hollihocke, and flower and make a plaister, and lay it to the sore.

Also take the grounds of Ale or Beere, and Wheate branne, and Chicke-weede, and lay it to the greefe three or foure times a day vpon a redde cloth, not too thinne.

For a bruse.

Take Pitch, Rosen, and wrought Waxe, and Beares greace, or Swines greace, of each a like much; boyle all these together in a pan till it come to a salue, and then stricke it vpon

a linnen cloth, and lay it to the bruse, and let it lie foure or fiue daies thereto, and you shall finde great ease.

Another medicine for a bruse.

¶ Take halfe a pound of Sheepes sewet cleane tried, and as much vnwrought ware, two ounces of Rozen, and a spoonful of Frankensence in fine powder, and well searced, then boyle them altogether, and skime it cleane with a feather, and when it is boyled, take it from the fire, and when it is halfe colde then wet or dip a linnen cloth in the same, so that euery part bee through wet, and lay it abroad till it bee through cold, and role it vp, and it may be kept all the yeare, and vse it as neede shall require, for this is a precious Seare-cloth for all manner of ache or bruses: Proued.

Another for the same.

¶ Take Mallowes, Smallage, bruse Wort, Plantan, the moze of Smallage, and temper it with Sheepes sewet, and make this salue in May, and you may keepe it all the yeare after, and vse it as your neede doth require.

For all manner of botches.

¶ Against botches, mingle this hearbe Timbalaria with Sheepes dung, and lay it thereto plaister wise, and it shall ripen the botch quickly.

Another for the same.

¶ Also to ripe botches, confect fiue or sixe drammes of Electrium with Barely meale, and the white of an Egge, and lay it to the botch, and it will ripen the same.

For to breake the botch.

¶ Take Bramble leaues, Elder leaues, and Mullerd seed, and stampe them all together, and then take of it and make a plaister thereof, and lay it to the sore, and it will drawe out all the venome.

Another

Another for the same.

¶ Take one spoonfull of Honey, the iuice of Spurge two spoonfull and a halfe, of Wheaten flower a good quantitie, and one spoonfull of Turpentine, temper all these together, and lay it to the botch and it helpeth.

For the biting of a Serpent.

¶ Against biting of a Serpent or venemous Beast, take two drames of the pouder of Egrimony, with two measures of wine that is called Ciates, and it will cast out the venome.

Another for the same.

¶ Take Centery and stampe it with his owne water, and giue the sick to drinke, it is as good for Beast as men, for the biting of an Adder. Also beare Vervaine about thee, and the Serpent, as some report shall haue no power to hurt thee.

Another for the biting of a Serpent.

¶ Take and seeth two or three handfull of Vervaine, and wash the place therewith, and stampe the leaues, and lay them to, and it will abate the swelling thereof, and dray this hearb Vervaine with Honey, and lay it often thereto, and it will resounder and heale it faire againe.

Also the iuice of Cinkfoyle being drunke, puteth out all venome, so doth the iuyce of Plantaine.

For the biting of a mad Dogge.

¶ Take of the Seed of Bore, and stampe it, and temper it with water, and giue it to the partie so greeued, and it helpeth them God willing.

Also take Saucery and temper it with bread, and lay it thereunto, and it hath the same vertue.

Also stampe long Plantaine, and lay it to the greeued place, and will cure the soze: Proued.

Another for the same.

¶ Take Walnuts, and stampe them with salt, and an Onion, they be good for the biting of a mad Dogge being layed thereto.

Also Betony that is greene being layd thereto, helpeth the biting of a mad dogge, in very short space.

For biting of venemous Beasts.

¶ Take Garlicke and bray it, and lay it to the place so bitten, and it will in short time cure the same.

Also if Garlick be eaten, it putteth foorth the venom in the body, and clenseth the same.

Also take the powder of Aristialogia rotunda, with the iuice of Mints.

Also if the roote of Brusewoort be bruised and layd thereto, it healeth the biting of venemous Beasts.

For a man or woman that is in a consumption.

¶ Take a brasse pot, and fill it with water, and set it on the fire, and put a great earthen pot within that pot, and then put these parcels following.

¶ Take a Cock and pull him aliue, then flea off his skin, thē beate him in peeces: take Dates a pound, & slit out the stones, and lay a layer ouer them in the bottome of the pot, and then lay a peece of the Cocke, and vpon that some more of the Dates, then take Succory, Endiue, and Parsly roots, and so euery layer one vpon an other, and put in fine gold, and some pearle, and couer the pot as close as may be with course dowe, and so let him distill a good while, and so reserue it to your vse, till such time as you haue neede thereof.

For a weak person in a consumption.

¶ Take a quart of redde Rosewater, and a pottle of the strapings of the milke of a Cow, 2. d. of fine Manchets, the yolks of

of thirty Egges, halfe a pound of Raisons of the sunne, Cinamō an ounce, Nutmegs one ounce, Mace halfe an ounce, Cloues a quarter of an ounce, of long Pepper halfe an ounce, your bread must be fine grated, and your Raisons stoned, and your Dates scraped, and all your other spices beaten all together, then put in your Egges and milke so stirred together, and then last of al your Rose-water, and so distill it in a Limbecke of glasse, and so reserue it to your vse, and as neede requireth to vse it.

For to restore health in a consumption.

¶ Take a handfull of Parrow and stampe it, and straine it into a dish, and put thereto the yolke of an Egge, and a little Sugar fine beaten, and with this iuyce being heate luke-warm, temper therewith as much of wheate flower as will make past, then the Past being well wrought, make thereof little Cakes, as bigge and as thicke as an olde testorne, and bake them vpon a little chacde, and being baked, let the Patient eate one of the cakes euery day three times, or as much as he or shee can eate, and by the prouidence of God, it shall make them strong and mighty, this hath beene proued.

For a consumption in the raines.

¶ Take Clary leaues and pricke them, and fry them with two or three yolkes of Egges, and put thereto Saffron dried vpon a stone, and grinde it small, and put all together, and fry thē with fresh butter, and eate it warme next your heart, and it will helpe you God willing.

For one that is in a consumption.

¶ Take a great number of yong Nettles that springeth at the roote, and wash them cleane, and stampe them, and straine them, till you haue a pinte of the iuyce thereof, and put them in a faire skillet, and set it ouer the fire, and let it seeth till it ware some

somewhat redde: then take it from the fire, and put thereto a quart of Malmesey, & brew thē together a good space, then take the yolkes of fyve newlaide Egges, and beate them together, then brew it againe, and put thereto as much sugar as will make it sweet: then let the party so grieued, take euery night and morning a reasonable draught thereof bloud-warme, and by the grace of God, it shall ease the party so grieued in very short space.

To helpe to restore him that is in a consumption.

¶ Take a Cocke which is neither fat nor leane, and wring his necke, and hang him vp by the legges, and let him beate him selfe to death with his winges, and when he is colde, flea him, and take out the bowels, then cut off his necke and legges, and see that his body within be well dried with a cloth, and quarter him, and at foure stils still the quarters beeing first well hacked and chopped, and the water that shall come out of the cocke being stilled, you must giue the patient in his brothes or drinkes being bloud-warme, and within short time by Gods grace, it will restore him or her. But remember that the party grieued, do neither eate nor drinke in all the time, any meates or brothes dressed with hote spices, or sharpe sauces.

A notable restority and electuarie for a man that is wasted or consumed, called the electuary of life, practised by M. Baltazar.

¶ Take two pound of Dates, and wash them cleane in Ale or Beere, then cut them and take out the stones, and the white skinnes, and cut them small, and bray them very small and fine till they be as rough as ware, then take a quart of clarified Honny, and cast the Dates therein till they bee dissolued, then take halfe an ounce of Long Peper, as much of Mace and Cloues and Nutmegs beaten in fine powder, then seeth the

Dates

Dates and Hony ouer a soft fire, then cast on the powder by little and little, and stire it very fast, and let it seeth long, till it ware thicke, then set it to coole, and put it inclose Bores, and eate thereof first and last: and it shal restore a man bee he neuer so weake or so low brought: vse this sometimes vpon a full stomack and you shall not surfet, proued by M. Baltazer Chirurgian.

An Electuary most soueraine for all manner of diseases in the body: proued by G. K.

¶ Take four pound of Sugar, and boile it in a pint and a halfe of Malmesie, and put thereto a pint of Rosewater, and a pinte and a halfe of White wine, halfe a pint of Aqua vitæ, and of running water a pint: boyle all these together, and when it is well sodden, take the powder of Enula campana an ounce and a halfe of Calamus aromaticus and Licoris, of each halfe an ounce, Pepper three peny waight, one halfe penny worth of Alisander seedes in powder, fiue pence waight of conserue of Roses and Violets, of each foure ounces, boyle all these to a measurable thickues, then put thereto of folliater gold, and all to cut it with a knife, and mingle [illegible] aforesaide Electuary, and vse it as your need requireth, and by Gods grace it will help you.

A restoretiue for the weake and feeble.

¶ Take a pint of runing Water, and heate it ouer the fire, and put in it a handfull of Rosemary, let it boyle to the halfe, and then straine it: then take a pinte of white Wine, or Claret wine and a good peece of Sugar, & pouder of Ginger, and Sinamon, a little Mace and Cloues, and put them altogether, the lay sops in a dish, and poure thereon the broth, & giue it to the sicke & feeble persons fasting in the morning, proued.

For a consumption, proued.

¶ Take halfe an ounce of Manus Christi, one ounce of whit sugar Candy, and a penny wooꝛth of Annifeeds, and halfe a pinte of Redde-rose water, and a pinte of Muscadine, foure new layde Egges, a quarter of Nutmegges, halfe a quarter of Cap Dates and stone your Dates, and wash them beꝛoꝛe that you do put them in, and boyle them altogether, and so vse them, foꝛ this hath been pꝛoued.

A Ielly proued for a consumption.

¶ Take a well fleshed Capon and scald him, and dꝛaw him, and put into his belly a handfull of Barly, and asmuch Reysons, Currons and Dates, and put him in an earthen pot with a gallon of Claret wine, then put therein some Sinamon and Ginger: let it seeth till the flesh be fallen from the bones, then beate him in a Mooꝛter, and put him into an Ipocras bag, and let the Ielly runne into a faire Vessell, and giue the patient of that ielly euening and mooꝛning: and within the spending of thꝛee Capons, by the grace of God, the patient shall recouer much his health: and to comfoꝛt his stomack, giue him Rorax aromaticũ made in losinge at the Apoticaries.

A present remedy for the Sciatica.

¶ Take a handfull of Violet leaues, and wash them in good Ale, then take an other pint of good Ale, and set it on the fire in a skillet, and then beat the Violet leaues very small, and so boyle them in the Ale, and then when it is halfe boyled, take out the leaues, and straine the iuice into the afoꝛesaid Ale againe, and boyle it very well vntill that it be thicke, and then take a peece of sheepes leather, as bꝛoad as the place which is greeued, and pꝛicke it full of holes, and spꝛead the same on the rough side of the leather, and lay it to the place xxiiii. houres, and then change it, and lay it new, and so vse it thꝛee dayes, and you shall be well: the oftener the better.

To

To make a water for the Sciatica.

¶ Take a peece of porke of a male Hogge, which is leane, and perboile it in water vntill the blond be clean, then boyle it in strong ale a good while, and after that take it and distill it with a soft fire, and then keepe the water, and wash the places so grieued two or three times against the fire.

For a Sciatica another medicine.

¶ Take an Ore gall, and red Allam, Rosemarie tops, baye Salt, Aqua vitæ and Vinegar, bray them well together, and set them on the fire, and alwayes stirre it, but let it not seeth, & so vse it as neede requireth.

Another for the same.

¶ Take Auence, Comin and as much white Salt, a handfull of red Nettles, and seeth them in pisse, and when they be wel boiled, put thereto Aqua vitæ, and annoint well the sore therewith three or foure times.

A medicine for the Sciatica.

¶ Take Time, Lauender Cotten, the runninges or out lates of Straw-beries, of each a like quantity, a nest or two of yong Swallowes aliue, with the feathers and the guts, & stamp them very small, and so fry them in May butter, that is sweete and new, boile them on the fire, then straine it through a cloth, and put it into a pot, and so vse it at your pleasure.

For the Crampe

* The Crampe commeth commonly of contractions, of nerues, or else it commeth of too much fulnes of the body, or too much leannes, & note wel that in the pallie the members bee more longer then they would be by relaxation, and in the cramp the members are shorter then they should be by shrinking of the nerues, but the crampe that commeth of wasting, is seldome cured, if the paine be great, & withall, ease it with oyle of Roses.

or of Camomile hote, and of yelks of Egges and Saffron together, and wet Bread in sweet hote Milke, for this ceaseth the aking of the Nerues. Also make a garter of an Harts skin, but the liuer is saide to be full good for the Crampe, proued.

For the Crampe, a remedy.

¶ Take oyle of Camomile, and Fenegreeke, and annoint the place where the Crampe is and it helpeth.

Another for the same.

¶ Seeth these hearbes, Betony, Wormewood, Vernaine, and Time, these are exceeding good for to wash the party so troubled with the Crampe, if he make it in a bath.

Another for the same.

¶ If you say these wordes three times when the Crampe cōmeth vpon you Bero, baro, bartora, it may hap to help you.

To make one to haue a good colour.

¶ Take and drinke the iuice of Isope fasting, warme it, and it will make you to haue a good colour, it is good for the sight, it destroyeth wormes, it is also good for the stomack, the liuer, and the lunges.

For the canker a remedy.

¶ Take Lentiles of the water which is called Frogs feete, or Emets meate: it is of greate vertue if it be stamped, and the iuice medled with Porkes greace, and lay it plaister wise on the Canker, it cleeth and healeth mightily.

Another remedy for the Canker.

¶ Take as much Allome as a Nut, halfe a glasse ful of honie, and a pinte of red Wine, and seeth them together till it come to the third part, then straine it through a cloth, and wash the sores therewith.

Another

Another for the same.

¶ Take a handfull of vnset Leekes, with the rootes, and a small quantitie of Yarrow, ten or twentie branches thereof, and boyle them in white Wine vntill they be all very softe, and then straine them and clarifie them, and let the patient drinke of it morning and euening, blood warme.

For to kill the Canker in a mans body.

¶ Take the roote of Dragons, and breake it in small peeces, and dry it, and make it in powder, and take nine penny waight of the powder, and put it in Wine, and seeth it well, and then let the sicke drinke thereof warme a good draught fasting in the morning for three daies together.

Another for the same.

¶ Take two handfuls of Sage, and as much Wood binde leaues, with the roots of a wilde Vine, this being stamped and strained, take a little Honey with a peece of Alome, beeing warmed, and so wash the sore place, where the Canker is.

For the Canker another remedie.

¶ Take Chrisall and make it in fine powder, and the powder of Harts-horne burnt, with asmuch of the rinde of a Pomgranet, and the iuyce of Nightshade, and give all these to the party, eyther man, woman or child.

For the chollicke and stone.

¶ Take a handfull of Saxifrage, a handfull of Pellitory of the Wall, a handfull of vnset Isope, a handfull of vnset Time, and seeth all these hearbes well together, with a quart of good Malmesey to a pinte, and the powder of whole Egge-shels, and as much of the powder of Hasell nut shels: when you haue put the liquor from the hearbes, then put in the powder to the same, and let the patient drinke thereof warme in the morning, fasting, and it will helpe him.

For the collicke a remedy.

¶ Take white Time, Parsley, bruse them, and straine them with stale Ale, and set it to the fire, and make it warme, and put thereto a good quantity of Graines, and so drinke it. Also take Broome seed that is greene, and giue it to the party to drinke being dried and made in powder, and when the paine is vpon him, vse it.

A medicine for the collicke.

¶ Take a pinte of Sallet oyle, halfe a handfull of white salte, and seeth them, then dippe in two or three handfull of blacke Sheepes wooll, and bind the same from the nauel to the bottom of your belly, as warme as you can suffer it.

For the collica passio.

¶ Take the roote of Quintfoyle and long Pepper, & grind them small in powder, and drinke it in good Ale. Also take Time and Saffron, stampe them together, and put thereto a little good Ale, and straine it through a cloth, and then giue it to the patient to drinke, and it shall ease him forthwith. Also make a plaister of the hearbe Philopendula being sodden with the aforesaid hearbes.

For the collica passio.

¶ Take the crums of cleane wheaten breade, and white Vinegar, and the powder of Comin, and boile all them together and make a plaister thereof, and as hote as the sicke may suffer it, lay it neere to the belly, and he shall soone be eased of his pain. Also take Turmentile and Treakle de bayes, and eate it, and drinke of the water of Elderne flowers stilled.

Another for the same.

¶ Take vnset Leekes, and cut away the faces and all, then take the white of the Leeke, and bray it small with may butter, and fry it, & lay it very hot to the nauel being bound with a cloth.

For

For the cholick and the stone.

¶ Take the greene pith of an Elder stalke that is between the barke and the stalke, and stampe it small, and drinke it with good stale Ale, and it shall breake winde.

For a man that is costife.

¶ Take Mallowes, Mercery, and seeth them with Porke, and make therof pottage, and let the party eate therof and drink Whay, & it shall make him soluible. Also take the iuice of Wallwoort and mingle it with hony, and drinke it.

For the dropsie, proued.

¶ Take two pound of Sage Ryall, and two pound of water Carsen, and two pound of Isope, take these hearbes, and bray them in a morter, and wringe out the iuice thereof, and then take Wheate flower, and blend it with the iuice, and make a loafe thereof and bake it in an Ouen, and all hot breake him into two or three gallons of good stale Ale, and let there be no dregs therein, and so let it stand all night, and stop it close and let the sicke drinke therof at all times, and he shall be whole. Also take Borage and Langdebeefe, and Parsly, and Scabious, and of water Cresses as much as of the other hearbes, a handfull of Smerewoort, and vse this pottage with that drinke, and hee shall be whole.

Another for the Dropsie proued.

¶ Take foure penny waight of Scamony, and two penny waight of Rubarb, & sixe penny waight of Scene, and a penny waight of Set well, and a penny waight of Spignard, and a penny waight of the powder of Cammomell, and an ounce of Sugar, and bray all these spices in a morter of brasse, and mingle therewith the Sugar, & then let the sicke vse this medicine three dayes fasting, a good spoonfull at once, and it will make him for to haue a good stomack, and doo away all euils.

For

For the Dropsie if it be curable or no.

¶ Take Barly meale and the iuice of Spinage and of Marigolds, and make thereof a plaister, and lay it three times vnto a mans liuer, and if the plaister be dry soone hee is curable, and if it dry not, hee is vncurable.

For the Dropsie an other proued.

¶ Take a handfull of the tender crops of Broome, & stampe them and straine them in a quart of stale Ale, and boile it till it be halfe wasted: then put thereto som Sinamon, and Ginger, and set the patient vpright in a chaire, so that his feete touch not the ground by two foote and a halfe, & thrust vnder his feete a pan of coales, and lay ouerthwart the pan a paire of tongues, or two, and lay thereon greene Broome, and let him set the soles of his feete thereon, and giue him of the drinke blood warme, and so let him sweat well when he goeth to bed, and by Gods grace it will helpe him.

For a Dormitory.

¶ Take a quarter of a pound of Almonds blended, & a halfe pound of Hempseede, three times washed in cleane water, & fiue Dates, and stampe them altogether, and put thereto good stale Ale, and take an ounce and a halfe of Poppy seed brused, and let it lye in Ale three or foure houres, and then seeth them together and straine them, and giue the sicke to eate thereof warme: and it shall quickly make him sleepe by Gods grace.

To draw a Bile from one place to an other.

¶ Take Oculus Christi, and Aeruaine. and make a plaister of them, and let the same be layd from the Byle, two fingers broad: and when it hath laine a good while renew it, & so remoue it still from place to place, vntill it be laide in the place wher you would haue it breake.

To

To draw out arrowes out of a mans body.

¶ Take Polipodion and grinde it with fresh greace, that is olde, and binde the same vpon the place, and it will soon draw it out, be it arrow or thorne, or any other euill thing.

To draw out an arrow head.

¶ For to draw an arrow head out of a mans flesh, take red Spere roote, temper the same and seeth it with honny, and then lay it on a cloth, and lay it to the wound, and it shall draw it out by the grace of God quickly.

For a dart in a mans body.

¶ Take a worme that is called Piacher, that is as great as a Beane, and is cleane blew or tender, and it hath many small feete, and is white vnder the belly, and when a man toucheth it it will be as round as a button: take this worme, and rubbe it well against the Dart, till it be all broken, and doe this euerie day three or foure times, and at euerie time take three or foure wormes.

For all manner of falling euils.

¶ Take the bloud of his little finger that is sicke, and write these three verses following, and hang it about his necke, Iasper fert mirrā, thus melchior balthazar aurum, nec quicum secū porta tria nomina regum, soluiter a morbo domini pietate caduca, and it shall helpe the party so grieued.

For the falling euill.

¶ Take the powder of Dsmond, and the roote of piny, and take the powder of Mortegan, and drinke all these with stale Ale, and let them say their prayers: and as soone as the partie falleth downe, take the gall of a dogge, and giue the sicke to drinke with good Ale that is stale, and by Gods grace he shall neuer haue the falling euill any more proued.

For to cure the falling euill in foure dayes.

¶ Take Swallowes, and beate them feathers, guts and all. Castorey, Vinegar, and some Iermander, distilled first in water, and some Cardus Benedictus water, and then still al, and giue the sicke to drinke thereof. Also take the root of Piony and make it in powder, and put it into pappe for a childe, and let him or them licke it with a little Sugar, and they that be of age may eate the more quantity thereof. Also the blacke seede of Piony is good therefore.

For the falling euill.

¶ The filling of gold being taken in meate and drinke, is good against that euill, and if the Patients backe be annointed with the oyle of Iniper in the very time, and so is a dram of Castoreum very good therefore.

Also take the powder of Gentiana, with the iuyce of wilde Sage, is good for the falling euill.

The manner and vse to be obserued, and kept in the time of curing of a Fistula.

¶ First you must search the vlcer with your tente, to knowe the depth and the length thereof, that you may know of what size to make your tente, and annoint the sore onely with Populion, and your tent also, and dippe the end thereof in the powder following for two dayes, once a day dresse it with your powder and other two dayes with nothing but Populion to remoue the ulcer, and thus inlarge your tent till the worke be knowne vnto you, so long as it casteth a blacky, mouldie gory, stinking or bloody water, still vse your powder, vntill it come grosse, thicke, and white, and then apply mundifiers or clensers, and the vlcer clensed, then vse incarnatiues, as the greene balme before written, and other that follow: alwayes shortening your tent, and making of it lesse till you be assured of the victory for sigilation, seaking or sinking of the water that hereafter shall follow termed mother and the congelour.

The

The powder for the Fistula.

¶ Take two ounce of greene Copperas, and burne it in a Goldsmithes pot, called a crusible, Mercurii sublimati an vnce grinde them small on a Marble stone, till that it be very fine pouder, and vse it when need requireth.

A skinning water for the Fistula.

¶ Take strong Vinegar that is whit, for that is best, a quart of Litarge of gold finely beaten, & finely searced a pound, mingle them together, and let them infuse in a glasse three or foure daies stirring them together twice in a day: then let it settle a day, and take the cleared thereof, and put it into a Viol or glasse: and so you haue the mother.

The congelour in a Fistula.

¶ Take faire water a pint, salt genne two ounces, comm̃ Salt a good spoonefull, boyle all till the Salts bee dissolued, then put the cleerest thereof into a glasse, and this is the congelour.

The vse of the congelour.

¶ Take of the mother three parts, of the congelour 2. parts and a little moze, put them together, and it will be an oyntment or a thicke creame, lay it on the place that you would haue skinned, or the creeping tetter, & it shall do wonderfully for the long vlcers that lack nothing but skinning, and it will skin in very short time.

For the Fistula.

¶ In what place soeuer it be, take the iuyce of Murmentil, and drop it into the hole, and it helpeth, and so doth a tent dipped in the said iuyce, & layd to the Fistula. Also take greene Betony with Salt, and make a tent, and put to it a plaister of the same and it will heale it.

Another for the same.

¶ Take of the powder of Copperis, with two parts of bean meale, and confect them with french sope, and shape a tent there of, and put it into the ope of Fistula, it will clense it in such maner, that if there be any bones corrupt or broken that they may be taken out, and it will consume the euill moistures.

To stop a very great flixe.

¶ Take halfe a pound of Almonds and launch them, and stampe them very small in a Morter, then take twelue yolkes of new laid Egges rosted hard, and put them into a Morter, and bray altogether, and then take a pinte of strong redde Vinegar, for that is best, and put it into the same stuffe, and mingle them well together, and then put all into a faire pot of earth, & stampe it well, then take thereof fiue or sixe spoonfuls at once, but first warme it, and then drinke three or foure times vpon a day, if need be.

Another for the same

¶ Take the root of a great Docke that beareth the Burre, and the leaues of Oke, and ground Iuie, and make a bath of them and put thy feete therein vpto the ankles, but no higher, and let thy feete stand long therein as hote as yee may suffer it, and then keepe them warme.

A medicine for to stop the flixe or laxe.

¶ Take three Nutmegs and rosse them, take of Sinamon three ounces, three newe layd Egges, and rost them very harde till they be blewe, then take the yolke from the white, as much of Bole armoniack as a Dowes Egge, then beat the spices very fine, that done take altogether and beate them: then put them in a quart of strong Ale, sturring all these together, then straine them, and seeth the same till it come to a pint, then giue the partie so greeued, to drinke thereof first and last.

Also

Also take Aligant and thicken it with Rice flower, as you would make pappe, then spread it vpon a peece of redde leather as broade as your hand: and for a child lay it beneath the nauell somewhat warme, and it helpeth.

For the flixe or laxe.

¶ Take Redde-rose buddes, and clippe off the whites from the leaues, and dry them, and make powder of them, and giue it to the partie so grieued in a caudell, and at three times drinking it shall ease him. And if the partie be weak, to make him a Tansie of Camphire, Planten and Archangel, a little at a time, asmuch as an Egge. You may gather these hearbes in Sommer to serue in Winter.

To helpe the bloody flixe.

¶ Take two handfull of Plantaine leaues, and seeth them in faire water, and let it seeth till it be sodden to the one halfe, then take the same water, and straine it through a cloth without any wringing thereof, then with the same water make Rice pottage, and let the patient eate thereof a good messe, and it wil stop the bloudy flixe.

Another for the same.

¶ Take Henne crossen, and the crops of Woodbine, and stampe them and temper them with warme Redde wine, and giue the sicke thereof to drinke, and let him eate for three dayes together each day fiue Leekes with bread that is hote, and drink no drinke but Redde wine warme, and he shall be whole, and let the sicke haue a stoole with a sledge, and make there-under a little Char cole fire, and let it be closed round about with a cloth that no ayre may enter: proued.

For to fret away dead flesh.

¶ Take Hennes bones and burne them, and the shelles of tenne Egges, stampe them and make powder of them, and lay it to the dead flesh, and it will fret it away.

Another for the same.

¶ Take greene Copperis and burne it, and as much burnt Allom, and asmuch Verdigreace, and grind them altogether, & vse thereof as you neede, and it helpeth: proued.

To abate proud flesh.

¶ Take Honny and clarifie it, and skimme it with a feather and take the white off, and take a quantitie of Verdigreace till it be greene, and lay thereto.

To raise vp flesh.

¶ Take red nettles and bray them small, and put thereto three or foure cornes of Salt, and mixe it with Butter, and lay it to the sore, and it will make the flesh to grow, and to be more fairer then euer it was before.

To take the fire out of any sore.

¶ Take a quantitie of Rosewater, Sallet oyle, an Ore gall Houlleeke, the iuyce of each a like quantity, and so beate them altogether till they be all one, and so annoint the place, and it wil take away the fire.

For the Gout, a most precious medicine.

¶ Take a good handfull of Rewe, as much of Plaintaine, & asmuch of Redde Sage, and stampe them as small as you can, then take halfe a pound of blacke Sope, and a penny worth of the Treacle of Jane and meddle all these together: then put thē in a close vessell, and when the paine beginnes to come, make thereof a plaister and lay it thereto, and hee or thee shall be eased within an houre: proued.

For the red Gout.

¶ This experiment is proued best. Take Quicksiluer, Brimstone three partes, and two of Quicksiluer quenched with fresh greace, and the iuice of Earth-bind, and a little of swines gall,

gall, and meddle altogether, and put it into boxes, and when need requireth, annoint the place, and you shall be whole.

For the Gout that is bolning.

¶ Take Beane leaues sodden in water, then meddle it with Swines greace, and lay it to the sore place, and it doth away all the bolning.

Also for the same you may take a Fore, and make oyle therof and therewith annoint the patient.

For the Gout that is in the bones.

¶ Take three tostes of Rie bread, and tost them well, and then lay on a dish full of Garlicke, and stampe them, and lay it on the Gout as hote as may be suffered. Also Wallwoort sodden in wine till it be well th cked, and the sore annointed with the same, is very good. Also Nettles stampt and laid vpon the Gout, helpeth it.

An oyntment for the Goute.

¶ Take an olse fat Cat and flea her, and draw forthher guttes and bray the Cat, and put her altogether into a fat Ganders belly, and put thereto halfe a pound of Pepper, Mustardseede and Parsly seed, of each foure ounces, Worme-woode and Garlicke a good quantity, Bole armoniacke sixe peny waight, then rost it, and the greace that droppeth from the same keepe it, and annoint the Patient withall, and by the grace of God the ache will goe away, for being throughly annointed therewith, it presently helpeth him.

For the Gout a remedy.

¶ Take a handfull of Rue, as much Canell, as much Turpentine, of red Sage, of each of these alike much, stampe them all as small as you can, then take halfe a pound of blacke Sope, and mingle all these together, and put them in a close vessell, and when the paine beginneth for to come, make a plaister thereof and lay it thereto, and the party so grieued shall haue ease within one houre.

For

For the Goute in the toes.

¶ Take the roote of Fragron, Hatselon, and the roots of Lanneroy, stampe them and drinke them with White wine euery day a pottle fasting.

For the greene sicknes.

¶ Take Betony, Harts tongue, Liuerwoort, of each a good handfull, & Fennell roote, wash them and bruse them, and put them in a skillet with a quart of Ale, two spoonfuls of Alisander seedes, and foure good sticks of Licoris, let all bee bruised and boyle all in the ale, till it be halfe wasted, then straine it, and make it sweet with Sugar, and put into it a little Maces, and Nutmegs, and vse to drinke thereof warme, morning and euening, three or foure spoonefuls, and likewise when your fit doth come vpon you.

Another for the same.

¶ Take the kepes of an Athen tree being dryed and made into powder, and take of red Fennell, red Sage and Marierum, and Betony, and seeth them in running water from a pottle to a quart, then straine them, and drinke thereof a good draught with Sugar, morning and euening luke warme.

For gnawing and aking in ioyntes.

¶ Take hearbe Bennet, Sheepes suet, and Oyle Oliue, frie them together, then take it off the fire, and make thereof a playster, and lay it to the sore, and it will ease you.

For a hardnes in the body.

¶ Against the hardnes of the body, take a good quantity of Lilly rootes, with an hearb called Brancha vrsina, and the root of Mallowes and Holly hocke, and temper them altogether in Wine, and Oyle twelue dayes, and then straine it, and in straining put thereto ware and oyle, and make an ointment thereof and therewith annoint the hard bound body.

Against

Against heate in the body.

¶ Take and eate ripe Berries, and drinke the iuyce thereof, it is verie good for them that haue ouermuch heate, for it coleth them: and an electuarie made of these Berries, is very good for them that is grieued with ouermuch heate in the body.

Also take the distilled water of Dre dung, it is very good & profitable for the same.

A medicine for the blacke Iaundies.

¶ Take Gentiana, Long pepper, Calomus aromaticus, Auence, Reysons, Currons, white sope of Spaine, of each of these one ounce, and two spoonefuls of Mustardseede, and boile all them in a quart of wine till the third part be wasted.

Another for the same.

¶ Take Angell towchis, and grinde them small, but first wash them as cleane as ye may, then put thereto a quantity of Neates foote oyle, and a quantity of Vinegar, drinke this medicine colde three times, and it will cause you to cast out all the sickenes in your body presently.

Another for the same.

¶ Take Fennell, Sage, Parsely Cromwell, of each a like much, and make pottage thereof with a peece of good Porke, & eate no other meate for that day: proued.

For the yellow Iaundies and green sickenes.

¶ Take of Iuory made into small powder, halfe an ounce, of Turmericke three quarters of an ounce, as much of Saffron as the weight of a groate, compound all these well together, and vse to drinke of this potion first in the morning, and last in the euening with a draught of good Ale: but if you take it for the blacke Iaundies, you must first purge melancholy, and for the greene Iaundies without purging: and this medicine will helpe both, as hath beene proued.

For the yellow Iaundies.

¶ Take a great white Onion, and make a hole where the blade goeth out, to the bignes of a Chesnut, and then take Treacle of Jane, asmuch as will fill the hole, then take halfe an ounce of English honey being beaten, and so compound the treacle and Saffron together, and put it into the Onion, and set them against the fire, and rost it well that it do not burne, and when it is rosted, straine it through a cloth, and giue the iuyce thereof to the sicke three dayes together, and it shall helpe them.

Another for the same.

¶ Take a red docke roote and scrape it, and lay it in a quart of strong ale all night.

Another for the same.

¶ If the patient drinke the Sope of Spaine, and the shauings of Iuorie, it is very good for the yellow Iaundies, being either olde or young.

To expel the venim of the Iaundies.

¶ Take of running water a pinte, of Endiue and Succory, of each halfe a handfull, let them boile till the halfe bee wasted, then straine it, and put thereto of Rubarbe one dramme and a halfe, and of Spignard a halfe penny weight fine beaten, of Sugar three ounces, and let it boile a little, and then take it off, and let it stand close couered all night, and the next day earelie straine it, and giue the sicke to drinke thereof fasting, & abstaine from meate two houres after.

For the Iaundies in young children.

¶ Take of Rubarbe, of Turmericke, the waight of tenne pence, of white sugar Candy as muth, of Spignard the weight of three pence, make all these in fine powder, and mixe it together, and three dayes together take thereof in white Wine, or Rennish wine.

Another

Another for the same.

¶ Take Tarmerick, Saffron a penney weight, the shauing of Iuory foure pence weight, the shauing of Harts-horne as much, a spoonfull of the iuyce of Capilly veneris, made into powder, and drinke it in Wine, and put thereto a pretty quantity of Sugar, and it helpeth the same.

For an Impostume.

¶ An Impostume is a swelling or arising out of kind, and it is either of a corrupt humor that must be broken out, or else of superfluity of a humor that should nourish that limme.

First there must bee giuen a Purgation, after that repercussions, a maturatiue.

The remedy.

¶ Take Holly-hock, Licoris, Lintseede, dry Figges, Lillie-roots, and Iniper berries, seeth them long in water, after doe away the Licoris & the Iniper berries, and bray wel the other, then put thereto Barly meale, Lintseed, Fenegreek, and boile al these together well, and annoynt it first with fresh Butter, and this ripeth postumes within & without, and it is good in an hard and dry impostume though it wax as hard as a stone: repercutions to smit inward, the matter againe should not be vsed in children nor in old men, neither where matter is woodd ish or feruent nor where the water is much, now and then in the burning of sicknes in the nigreforiis as greeueth, when the postum or botch commeth of nobler lim or member then it is on, then shall he be riped there, and not driuen away frō destinary dread of the better member, the which abreeding of the postume, and of the venimous matter thereof, repercutions must be taken in time ere that the matter befull seged, and ere it be corrupt and rotten, and that is good commonly with the iuyce of cold hearbs as petty morrell, purslaine of the wood and vmbelicus veneris, with oyle of roses, and a litle aysel, a litle Bole armoniack and cold oyntments, as Popilion or vnguentum album, or the colde

oyntment Iusquinianus, and Poppy, and lead, and seeth greene Plantaine and Vinegar, and the white of an Egge.

To breake an impostume.

¶ Take a Lilly roote, and an Onion, and boyle them in cleane water, till they be soft, and then stampe them & frie them with Swines greace, and lay it to the impostume as hote as the patient may suffer it.

To ripen an impostume.

¶ Take Wormewood, Mallowes, Mugwoort, of each a good handfull, stampe them, and mingle them with a quarter of a pound of Swines greace, and fry them: and put to it a handfull of wheaten branne, and a little White branne, of Honey foure ounces, boyle them till they be thicke, and lay it hote to the sore place.

For an itch or breaking out.

¶ Take an ounce of Quick-siluer, two ounces of Bales, & mingle them well together, vntill that you can see no Quicksiluer, and put it into a box, and annoint the patient once in 24. howres, and it shall kill the itch.

Another for the same.

¶ Take Frankensence and bray it small in a morter, and meddle it with oyle de Bay, and therwith annoint thee all ouer, and it will destroy the itch.

For all itches.

¶ If the itch be in the heate of the winter, then let the party drinke euery day, or other day of the iuyce of Femitory, vsed fasting, and in the Winter let him drinke the sirrop of Femitory with warme water, for it clenseth all scabbes and other corrupt humors that ensueth, as leprosie: and clenseth the blonde in the vaines.

For

For the itch another remedy.

¶ Take the iuyce of Pentiall, the iuyce of Sauen, and the iuyce of Scabious, the iuyce of Sage, the iuyce of Pellitory, & Barrous greace, and blacke sope, temper all these together, & make a salue for the itch.

Also take Femitory or Earthgall, and seeth the same in wine and it is very good for the itch.

Against grieuous itches eyther in men or women.

¶ Take the iuyce of Calidon, Tapsi Barbasti, of Hony purified, an ounce, beate them altogether till they bee wasted, and set them on the fire, and when they haue simpered, take it from the fire, and reserue it to thy vse, and when thou wilt vse thereof against itching, take thereof as much as thou wilt, and put therto of burnt powder of Vitrial, of burnt Allome, of each a like much, and vse this till that thou be well.

For the Ring-worme.

¶ Take of the gumme of a Cherry tree, a good quantity, of the gumme of a Plumetree as much, and dissolue it in Vinegar that is very good, and oftentimes annoint the sore place therewith, and it helpeth.

For kernels or Kings euill.

Take two ounces of the water of Broome-flowers stilled, and giue it to the patient in the morning fasting, and it will purge the euill humour downeward, and wasteth and healeth the kernels without breaking them outwardly.

Also if you seeth the water of Broomeflowers, and put it in the patients wine, it will doe him great ease.

Also if you stampe Cuccow pintle with Boyes greace, and lay the same to the place, it helpeth.

Also if you make a plaister of redde Decke, and stampe olde greace therewith, it helpeth.

For the Kinges euill.

¶ Take the roote of Briony or of Aristologia longa, or Smerewort a like much, and beat them with Honny, and old greace, and lay it there-unto.

Also take Beanes, and mingle them after they bee beaten, with the gleare of an Egge, or olde Oyle, and it will dissolue the kernels or Kings euil.

Also if Darnell bee sodden in wine with the dunge of an Asse and Linseedes, and being drunke it helpeth mightily.

Take of of the decoction of the barkes or pilles of Coppouis, and Sperage, and annoynt it with this oyntment.

Take a gray Serpent and cut off his head and taile, about foure inches thereof, and afterwarde, with the greace of that serpent annoynt the said sore.

For a Laxe.

¶ Take Scene an ounce, Rubarbe two peny-worth, spignard a penny weight, infuse the same with white Wine, or water of Englasse or Borage, of each halfe a pint, and warme them scalding hote, or boyle them a little, and so let it stand all night, then warme it in the morning and straine them, put in a little Ginger, annd Sugar, and so drinke it al warme, til that thou be wel eased thereof.

A powder laxatiue.

¶ Take halfe an ounce of Scene in powder, a quantity of Spignard brused, and an ounce of Ginger in powder, bruse all these very well, and put this into the soft pappe of an Apple, and so vse to take a pretty quantity of this to bedward.

A powder for a laxatiue person.

¶ Take in Sommer the white flowers of elders, asmuch as yee will occupie all the yeere, and dry it two or three daies in the Sunne, and then put the same into a bladder, and when you wil occupie it, dry it as you do Saffron, and put a little in

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an Alebery, or in a messe of pottage, and incontinent he shall haue three or foure stooles.

For the Leaper, a medicine.

¶ Take the iuice of blacke Berries, and temper it with sirrop made of wild Sage, it is good for them that bee leaprous, and they that feare the comming of it should vse euery morning to drinke halfe an ounce thereof.

Another medicine for the Leaper,

¶ Take and make a bath of strong Wine that the leaues and flowers of Elder is sodden in, for it greatly profiteth them that be like to fall into leaprie by reason of fleame.

Also a bath made in water that Scabious and Poleyne is sodden in, is good for them that haue the spice of the Leaprie, called Alopice, in the which the haires fal.

To make a man leane.

¶ Take and fill a panne full of Filberds flowers, and seeth them a night and a day, and put thereto Wine that they dry not, then let the Wine be strained, and let the patient drinke it fiue dayes together in the month of Februarie.

For the lunges.

¶ Take Southernwood, and meddle it with Licoris and Isope, seeth it in Wine or Water, make it sweete with Sugar, & so drunke is very good for all diseases of the lunges & breast, whē the sickne commeth of cold the breast shall be annointed with Vnguentum dialthea, and it easeth.

Also the broth of a Creues is very good for the paine in ỹ lungs consuming, as when a man hath a swelling about the lunges, then he commeth to drines and consuming of the naturall moysture till he dieth. Also the roote of wilde Rapes are good to clense the lunges, if it be sodden with Licoris, and drunke. Also, if Figges be sodden with Isope it clenseth the lunges & healeth the old cough.

For

For the Morphew.

¶ Take water of Elder, and drinke thereof three spoonfuls in the morning, and when you haue drunke thereof, walk vppe and downe till you catch a good heate, and then take a pinte of white Vinegar, and nine Dake apples, and cut them and lape them three dayes and three nights in the same Vinegar, and after take a faire linnen cloath, and put the apples therein, and then straine them, and with the licour thereof annoint thy body three dayes.

Also take the iuyce of Selidon, and mingle it with the powder of Brimstone, and doe it to the Morphew all cold.

Also for the Morphew white or blacke, take Mustarde seede and Salt, and stampe them together. then temper them with Vinegar, and annoint the Morphew therewith.

For the Morphew white or blacke.

¶ Take an ounce of fine Verdigreace, and one ounce of Brimstone, and make them both into small powder, then take two sheepes heads that are fat, and flea them, and cleaue them and take out the brain and cast it away, then wash them clean, and seeth them till they be tender, and then take them off the fire, and let them stand till the next day, and then gather of all the greace thereof, and mingle the foresaide powder therewith, and then put it in a boxe, and let it come neere no fire after thou hast done them together, but worke them all cold, and it will heale the Morphew be it white or blacke, if you annoint the sicke therewith against the fire euery night when he goes to bed, and in the morning wash it away with Vinegar.

Another for the Morphew.

¶ Take blacke Sope, and put it in a cleane cloth, and put it in your owne vrine, and therewith annoint the Morphewe. Also let the party greeued, drinke morning and euening, water of Fenill orey, and water of Borage mingled together, in like portions, and within foureteene dayes it will helpe him cleane.

Also

Also take greene Copperas, and put it in cleane water, and let it stand a day, and then clense the water, and then annoynt the Morphew with the water.

A medicine for the Marmole.

¶ Take Broome flowres and dry them and beate them to powder, and temper the powder with oyle made of Mints, and a little Vinegar therewith: and annoynt the sore therewith: Take great Wall nuts as they grow, huskes and all, and bray them in a morter, and temper it with oyle Olive, and fry it in a pan, and put thereto a quantitie of pitch in the frying thereof & straine it through a linnen cloth, and therewith annoint the sore and lay Plantaine leaues about the backe toward the sore, and euery morning wash the sore with Madder water.

For to heale a Marmole.

¶ Take a pinte of clarified Honny, and a quart of running water, and a great quantitie of Sage, and seeth them together as well as thou canst, and wash the wound with the licour, and lay a Sage leafe on the wound.

Another for the same.

¶ Take oyle Olive, and annoynt the sore therewith, and lay thereon a Plantaine leafe, and euery morning wash the sore with Madder water.

For to cure a Marmole.

¶ Take fresh Beame, and the kernels of ripe Nuttes, and stampe them small as may be, and blend them together with Aqua vitæ, and Honny, and make them thicke as a plaister, and lay it on a cloth, and put too the Marmole, and as often as yee shall change the plaister, yee shall find it full of red wormes, and therefore keepe this medicine therto fresh and fresh, till such time as the wormes be cleane out, but looke that you claw not your legges to make them bleede.

A maturatiue to ripen a botch or a byle.

¶ Take sower dow, and white of olde Swines greace, and beate them together, and put thereto salt, and the powder of comin, and mingle them well together, and make a playster thereof, this ripeth and breaketh impostumes, but my Maister did put thereto powder of Fenegreeke, and the yolke of an Egge at one time, if there be much, for falling of the heart.

How to make Neruaile for all akings.

¶ Take two pound of wilde merth, and a pound of Ambrosen and a pound of Camemile, a pound of Betony, and a pound of Sage, a pound of Mints, and a pound of Sawbew, & a pound of ꝑ othernwood, a pound of Mugwort, and a pound of wormwood, a pound of Mallowes and a pound of Hollihock a pound of Horehound, and a pound of red Nettles, a pound of Lorell leaues, and a pound of Liuerwoort, then take all these hearbes and stampe them in a morter small, and do thereto three or four pound of May butter, and a quart of ople Oliue, and stampe thē together, then doe them in an earthen pot and couer it well, and set the pot in a moist place, and let it stand nine dayes, and the tenth day take it out of the pot, and put it in a pan, and set it on the fire to seeth, and stirre it that it do not cleaue to the pan, and when it hath well boyled, take it from the fire, and straine it through a cloth a little and a little into a faire vessell, then take that licour, and put it in a cleane pan, and set it ouer the fire and do thereto a quarter of a pound of sheepes tallow, melted, and aboue Frankensence well broken in powder, and stirre them well together till it be molten, and then take it from the fire, and let it stand and coole, and make thereon a hole, and let out the water thereof, and turne it on the other side, and do away the foulenes thereof, then take it and do it in the pan againe: and set it ouer the fire till that it be molten, and then do thereto a pint of ꝑ greace of a Gray, if you may haue it, thē with a feather scum it cleane, and put it in boxes, and this is the kindly making of Neruaile, and this oyntment is hote.

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To make Neruaile to helpe all sinnewes, and to put them in their strength.

¶ Take Ambroſen, Camemile, hearbe John, hearbe Maſter, hearbe Robert, Eglantine, the leaues of Croſſe-wood, Fenegreke, Laurell leaues, as much thereof as of all the other, breake them and lay them in white Wine, and let them lye ſo foureteene dayes, then take a pottle of greace, & a quart of may butter, and of oyle Oliue, and boile them together, and ſtraine them, and let them coole: and to vſe it to the ſhrunck ſinewes.

Here followeth the making of diuers kinds of oyles, and it ſhewes which be hote, which bee colde, according to the opinion of Ipocras and Gallen.

Oyle of Roſes.

¶ Take and fill a glaſſe full of Roſe leaues, and put thereto one pound of oyle Oliue, and ſtop it well and ſet it in the ſunne, ſtirring it euery day once for the ſpace of xv. dayes, then ſtraine it through a cloth, and put it vpon colde water, and ſtirre it with Hazell wood, but take the barke off, and this is moiſt and colde.

Oyle of yolkes of Egges.

¶ Take yolkes of Egges, and put them in a potte ouer the fire, and let them ſo ſtand ouer the heate of the fire, till you perceiue they are become blacke, then put them in a preſſe, & preſſe out the oyle, and this oyle is good for all manner of burnings or ſcaldings whatſoeuer.

Oyle of Henbane.

¶ Take the ſeede of Henbane, and fry it in oyle, and preſſe it through a cloth, and afterward put the ſame for your vſe into ſome glaſſe, for this oyle is good for all manner of ſwellings, and burnings in the ioynts.

Oyle of Mandrakes.

¶ Take and cut them in diuers peeces, and seeth them in a double vessell of glasse, and set them in the Sunne, and let it stand nine dayes, then set them on a small fire till they be thick, and keepe that oyle, for it is good for all feetures.

Oyle of Lorrell.

¶ Take Lorrell leaues and bray them in a morter, and let it stand two or three dayes, and then seeth them, and straine them through a cloth, and that which heaueth aboue is the oyle.

Also take Lorrell berries when they be greene, and seeth them in oyle, and straine them, and it is good oyle.

Also take Lorrell berries when they be ripe, and seeth them with Lorrell leaues, and thereof thou shalt haue the best oyle, and this oyle is good for diuers cold causes.

Another sort of oyle, very necessary for diuers purposes.

¶ Take Almonds or Nuts blaunched into a pot full of holes in the bottome, and set that pot vpon a seething potte, that the breath of the seething pot may enter into the other potte, and wring these kirnels, & receiue that oyle, & keepe it in a glasse, and this is good for diuers purposes.

To make oyle of Mustard seed.

¶ Take foure pound of Mustardseede, and foure pounde of oyle, grinde them together, and let them stand so nine dayes, then stir it and keepe it in boxes: this oile is good for the palsie, the gout, the stitch, and also for the Podagra.

To make oyle of Fennell.

¶ Take a quantity of Fennell betweene two Tile stones, or plates of yron, make them very hote, and presse out the licour, and this oyle will keepe a great while, for it is good for Tissick, dry scab, and for burning or scalding.

To

To make Oyle of Rew.

¶ Take rew leaues and cut them small, then put them in a pot with common oyle, the space of nine or twelue dayes, then seeth them till they be wasted to the third part, then straine it, and this oyle is very good for to restraine from all manner of priuie causes of pestilence, which are remaining within a man, woman or child.

To make oyle of Iuie.

¶ Take Iuie leaues and braie them, and put them in wine and oyle in the same manner as you do Lorrell berries, and so make this oyle of Iuie berries.

Another for the same.

¶ Take Iuie berries with the leaues, and seeth them after the same manner as you doe the Lorrell berries, euen so doe by the Iuie berries.

To make oyle of Cammemile.

¶ Take the flowers of Cammemile, and stampe them in a Morter, and put thereto oyle Oliue, and let it lye in the iuyce twelue dayes, and let it seeth ouer the fire, then let it boyle a little, and take it off and presse out the iuyce, and put it into small glasses, and put thereto the flowers of Cammemile being stamped small, and let it stand 16 dayes, and so this oyle is made.

To make oyle of Roses.

Take red Rose leaues a good quantity, and stampe them in a Morter, and put thereto oyle Oliue, and let it stande in the Sunne twelue dayes, and then put it in a glasse, and binde fast the glasse about with ropes of Hay, and set it in a panne full of water, and let it boyle softly two howres, and then let it keele, then put it in small glasses, and put thereto the leaues of redde Roses all whole, and stop it fast, and set in the sunne for sixteene dayes, and so vse it at your need.

To make oyle of Olibanum.

¶ Take Bawme flowers a bushell, and picke away the buds and beate them, and put thereto fresh butter, and a quarte of swines greace, and a pottle of Oyle olive, and put it in an earthen pot or panne of three gallons, and stop the mouth fast with dowe, and set it in the ground, and take a tile and doe it vpon the mouth that nothing do come thereto, and let it stand forty daies vnder the ground, and at the forty dayes end see that you bee not fasting, then take a pan with a ladell, and put it therein, and set it ouer the fire, and giue it three waumes vpon the fire till it be greene, then take it from the fire, and straine it into a pewter Bason, and doe it in an earthen vessell where you will keepe it. This is the true making of oyle of Olibanum, & it is most in working, it is good for all manner of sores, but especially for the mormall and Canker, and for Noli me tangere, or for any other sore, proued by many Maisters of Chirurgery.

To make the oyle of Exceter.

¶ Take two pound of Cowslip flowers in May, and put them in Oyle Olive, and then put them in an earthen pot close, vntill the month of June, then take these hearbes following, Lorell, Ambrose, Calamint, Pellitory of Spaine, Sage, Pertory, Scabious, Lauender hearbe John, Lillie rootes, Rosemarie, of each a handfull: bray all these in a morter, then take the Cowslips out of the oyle, and bray them as you doe the other hearbes, then put them in a pan, and boyle them together softlie, till all the water be cleane sodden away, for if the water bee in the bottome, let it seeth till it be wasted, and then straine them through a cloth with cleane hands, and when your oyle is kindly wrought, then put it in pots or glasses, and stop it from the ayre. This oyle is good for all aches, except the Gout.

To make an Oyle for many griefes.

¶ Take Mirrhe, Aloes exaticum, Spignard, Sandragon, Incense, Sarazens flesh, Bedilium, Balme seede, gum Aromatick

tick, Stracell, Mastick, Saffron, gum Arabek, Storax liquida, of each of these two ounces, Labdanum, Castor, of each 2. ounces, Muske, and Turpentine, as much, make powder of all that will be powdered, and meddle them with Turpentine, and fill them in a glasse as you do Rosewater, and keepe it in a very strong glasse. This ople keepeth the substance of mans limbs and the sinewes, and keepeth dead folkes from rotting being medled with the ople of Roses, and annoint all thy back frō the heart of the forehead to the raines, and it maketh a leane body fat: and if the back be annointed before the axis, it helpeth the Feauers, and for him that may not speake: it is good for the rising of ỹ Mother, for the falling euill for to be put in his eares, & in his nose.

Also it is good for them that be sorry without a cause, and for them that be drunke with Wine, and it is comfortable for all diseases be[t]hey hot or cold. Proued.

To make a greene oyntment.

¶ Take a pound of Swines greace, an ounce of Verdigreace halfe an ounce of Salegeme, and make thereof an oyntment, & it may be kept forty Winters: and this oyntment is good for the Canker and for running holes, and for to heale all wounds old and new: it fretteth away dead flesh, and bringeth new: and put of this into a wound & it shall not festter, and this oyntment is good for the rising of the yard or mormall, and there is no oyntment that worketh so especially as this doth.

To make a greene oyntment.

¶ Take one pound of Sage, of Bayes halfe a pound of rew halfe a pound, of Wormewood as much, and choppe them very small together: take three pound of sheepes sewet, beate the hearbes and the sewet together till they be all one, then take three pints of Sallet ople, the hearbs and the sewet mingle them together, and let it stand two dayes, and then set it on the fire and stir it together till the hearbes be somewhat hard, then rain them, and preserue them to their vse that haue need thereof.

To

To make a precious oyntment called Deweto.

¶ Take the rasing of Harts-horne 2. pound, of Fenegreeke 1. pound, of oyle Olive 4. pound, sheepes tallow 1. pound, and 2. ounces of Galbanum 2. ounces of the gum of Iuie, and two ounces of Perressen, and bray them together, and doe thereto a portion of white Wine, or of water, and so let it stand 3. dayes, and on the 4. day let it seeth ouer the fire till it waxe thick, then take it offe and straine it through a cloth, and put thereto a little hote water for the thicknes, and straine it as harde as you may betweene your handes, and take the third deale of that liquor & put thereto two pounde of oyle Olive, and let them boyle well, till they be somewhat wasted, and put thereto a portion of waxe and of Turmetill, and do it to the other liquor, and let them seeth well till it waxe thicke, then doe it off the fire, and let it keele, & then put it in boxes. This oyntment is good for greate grēuāce of the stone, and for the aking of the ribbes, and all hard greeuaunce: it maketh them nesh, but the party must be annoynted against the fire, for this hath been proued.

To make a good oyntment.

¶ Take of Smallage and Mallowes, and put thereto two pound of Boxes greace, one pound of May butter, and oyle of Neates feete a good quantitie: stampe them well together, then fry them, and straine them into an earthen vessell.

A medicine for the palsie.

¶ Take oyle Olive and the flowers of Cowslips, put them together and still them in a Glasse in the Sunne, and thē take two spoonfuls of the oyle that shall come of it with a spoonefull of Aqua vitæ, and warme it on the fire in a saucer, & so annoint the place which is benumd or greeued and the patient shall finde very great remedy: proued.

A medicine for the Palsie.

¶ Take a handefull of Marigolds, beate them & wring out the iuyce therof with a draught of Ale, & put to the same a spoonfull

full of as good Mullerd that my be gotten: warme this drinke three times, and so giue it to the party so grieued.

Another medicine for the palsie.

¶ Take Cowslips, wilde Sage, Lauander, and stamp them small, and worke them with sweete Ale, and make them vp in balls, and make holes in them, and fill them full of sweete oyle, and let them stand insuse nine dayes, then take them and temper them againe with sweete oyle, and then fry them, and straine them, and so annoint the party so grieued with the palsie.

An electuary for the palsie.

¶ Take Mints, Sinamon, Comin, Rose leaues dryed, Matticke, Fenigreeke, Valerian, Ameos dorinici, Zedoarye, Cloues, Saunders, and Lignum aloes, of euery one a dram, Muske halfe a dram, make an electuary with clarified honney, and let either man or child that hath the palsie, take halfe as much as a nut. Also a bath made with these hearbes, Sauerie, Marterum, Time, Sage, Pep, Smallage and Mints, are very wholesome for the same.

A plaister for a man that is benumed in any member with colde or palsie.

¶ Take Sauine, Rue, Sage, Mullerdseed, and temper it with white wine, and make it as thicke as it were a plaister, and so let it stand in a vessell a day and a night, and then laye it on a cloth thicke, and lay it to the member benumed.

For the pricking of a thorne or needle in any ioynt and the hole stopped.

¶ Take fine bolted flower of wheate, and temper it with white wine, and boile it together till it be thicke with white Wine, and lay it to the sore as hote as you may suffer it, and it shall open the hole and draw out the benome and cease the aking, and heale it againe, this medicine is good to heale a bile or any Whitlow or Uncome.

For the pricking of a thorne.

¶ Take Mather rootes and grind them small, and boile it with oyle Olive, and lay it thereunto, or else with the aforesaide oyle annoint the sore place, and it will doe thee good.

A Preparatiue.

¶ Take of Endiue, Succory, Harts tong, Borage, of each a handfull, of Persly rootes, Fennell rootes, Fumitory, and the tops of pong Hops, of each a quarter of a handfull, of Time, Betony, Germaunder, of each foure crops, great Raysons a handfull, of Licoris a little bruised, halfe an ounce of Fennel seed, seeth all these in a pot of faire water to the halfe, then put thereto fiue spoonefuls of Vinegar, and after one boiling straine them without pressing, then take the cleerest thereof, and if you will make a sirrop thereof, put to a pinte of the Broth, a pound of sugar, and in the boyling thereof, put thereto a little Cinamon bruised, the weight of eight pence. let him drinke of this foure good spoonefuls, with fiue spoonefull of Borage water warmed fasting in his bed, and sweate after it.

To make an excellent Millilot plaister

¶ Take of greene Milliot bruised ten handfuls, bruse it in a pottell of white Wine to the wasting of the halfe, and strain it, then put thereto of Rozen a pound, Waxe as much, Sheepes tallow foure ounces, Turpentine three ounces, Mastick one ounce, boile all saue the Masticke, vntill the wasting of the iuice more then half, then bruse other fiue handfuls of Milliot, and put to it while it is a boiling, and stir it well while it hath a play or two, then take it from the fire, and straine it while it is hote through a course canuas bag, and with wringing and iumping betweene two round staues, till by little and little the stuffe gums, and iuyce be come all out as much as you can get, and when you may handle it, put thereto your ounces of Masticke finely powdered, and make it in rowles, mingle your Masticke in the handling thereof.

To

To make the powder of life.

¶ Take Spinage, Columbine, Camomell, the seede of Femitory and Marigole, of euery of these iuyces and seedes one handfull, and dry them out of the Sunne, and make thereof powder, and giue it to drinke eyther hot or cold: for this hath beene proued a medicine full true.

The philosophers stone so called for medicine, to cure all diseases both within and without, Fistules, Caker, Poxe Falling sicknes, Wolfes, S. Anthonies fire, and all incurable diseases, Proued.

¶ Take Celondine leaues fast by the roots in May or June, and seeth them in running water, vntill such time as they doe come to pap, and as pap take them forth, and grinde them on a stone very fine, as Greene sauce, and let it be no dryer, then put them in a glasse with a Limbeck head and a receiuer, but it must be stilled in Balneo likewise, receiue the first water by it self, and when it beginneth to drop somewhat slowly or to change, then take that receiuer away, & put another to it, and then take that as long as it will still, then take that glasse away, & keepe it closely and sure, for that is the fiery element, and the first is the water, then let your glasse coole, and then set it in ashes in a dry Furnace, and draw the last water by it selfe, for that is the ayre, and that that remaineth in the bottom is the earth, which earth you must take out and grind it on a stone fine, and let it stand vpon the stone for to dissolue into water, for so it will in time, so that the stone stand in a moist place, but you must remember to close your stone round about, that the water passe not by when it is in moistnes, set your stone hanging a little aside, and make a little gutter for the water to run into the glasse, in the which glasse it must be congealed vntill it come to earth, therefore to stop your glasse, that nothing do goe out but that al may come to earth againe, and thus with that earth grinde it & dissolue it, and congeale it two or three times for it is better, &

then this earth will do great wonders, all diseases it will runne through and all wounds, and cause the same for to heale surely, and being drunke with your Aurum potabile, and as much of that earth as a Hasell nut drunke, and this will expulse all wicked humors out of thee that no ill can grow in the body, if you so vse it but once a weeke with the portion.

Also your first water must be stilled often, and that remaineth still in the glasse must be put into the earth for that is earth, if the Phisition do well skill vpon the triplicities, and who hath the great gouernance in man of the triplicites, as for the earth Taurus, Capricorne, and Virgo, and for the aire Aquarius, Libra, and Gemeni, and for the fire Leo, Sagitarius, Aries, and for the water Cancer, Scorpio, and Pisces: then who so can know the complections in them, and minister accordingly, he shall do great wonder with these medicines and Quintisans, & as for the earth being so vsed as afore said, it will dissolue siluer of it selfe, and also gold: and also heale many incurable diseases in man or woman that haue long raigned, and been most incurable for to be healed. Laus Deo.

To make Aurum potabile et Quintescena

¶ Take Tartar the best you can get and fine, calcenate it very white, then take a parte about a pound, and let it drinke foure pound of Aqua vitæ, rectified by little and little, giue the Tartar to drinke of the Aqua vitæ, this must be done in a glasse or Limbeck set vpon ashes with a little fire, and euer keepe it close, and so being congeled in manner somewhat liquid, then dissolue it with more Aqua vitæ rectified, and by and by it will dissolue, and looke as it were Azure right in colour, then take of this water ordained of God, for to comfort his creatures, put it in a vessell of glasse againe faire, being dissolued cleane, then take fine Duckat gold, but beware of the same gold, take an ounce first fined in a teste, and then fine beaten in fine sheetes, then take pure fine life hony foure spoonfuls, and take a quarter of Gentiana fine searced to pouder, the gold Gentiana and hony must be ground finely and put to the Quintescens, halfe an ounce

of

of fine mother pearle, grind all strongly together vpon a Marble stone, and put all into your water of Quintescens, put all into your glasse, and set it in stilling with a gentle fire, and let it still vp and do wne ten or twelue dayes, and then keepe it close and safe, for it is good, let it still in most balnes in any case, and then it is done. Some doe vse to make oyle of gold in this manner, they do take vineger and put filing of gold in it, or leafe gold and so let it stand in the Sunne when it is hote twelue dayes, and there will arise vpon the Vinegar as a scume, the which you must gather with a feather, and as you gather it, you may put it into your Aurum potabile, or els grind it with your hony pearle and Gentiana, for this gold is better, for this is one of the Philophers greate secreats hidden, this is a vertuous Quintescence or water of life to heale all infirmities, as leaprosies, and as many as be in man that is hard for to heale, and if a man bee a dying and haue but one dram of nature within him, giue him but one spoonfull of it, and if his time be not ordained of God it shall helpe him certainely, and will procure him for to liue longer, by Gods prouidence proued for man.

Note this noble deuine plaister which hath a number of vertues in him as hereafter followeth.

¶ Take Galbanum an vnce, Aromatici three vnces, Appoponaci an vnce, new Wax twentie vnces, oyle Olive a pound, Litarge of gold thirteene vnces, Olibane two vnces, myrrh an vnce, greene Copperis an vnce, Aristilogia longa an vnce, Mastick an ounce, Bedely two vnces, Orimandi calamita four vnces, make all these into powder euery one seuerally by himselfe, take a pot of earth and pour Galbanum, Armoniaci, Appopo naci, and put it in white vinegar very strong, & couer the pot til such time that all be molten in them, after straine it through a strainer, then put it in a cleane vessell, and set it on a gentle fire and temperate, and let them simper together vntill all your Vinegar be consumed, then take your oyle Olive, and put it in the same pot, and so stirre them together on a gentle fire continually

and when all is molten then put in your litarge of gold made in powder. and as you put it in, you must be euer stirring of it that it may consume in the substance: and thus you must bie it vntill it come to blacknes, then put in your Bedely, Olibanum, Aristilogia longa, Myrrh, Mastick, your Verdigreace, Copperis and your Calamita, let it be all in very fine powder, and when it is sod and well boyled, it will be blacke and red, and put a little on a stone or cloth, and if it be hard then it is sodden well, then let him seeth vntill such time as he be hard, and so preserue it, the annoint your handes with oyle Oliue, and take it forth, then make it in roles as Paste, and put it in a peece of Goates skinne well and cleane made, then put it in a vessell of Leade to keepe, made like a boxe close, for this is the precious diuine plaister of all the world none like it, it is a Kings iewell of health, for it is good for all diseases both old and new, and shall giue new flesh, and good that he had no better before, if a man be broken let him make a plaister, and lay it to nine dayes, it shall knit sure for euer againe, by Gods grace.

The black plaister for all manner of griefes.

¶ Take a pot of oyle Oliue, a parte of red Lead, boyle these together, and stir them with a slice of wood continually vntill it be black and somwhat thick, then take it off the fire, and put it in a penny worth of red Wax, and a pound of Rosen, and set it to the fire againe, but you may not blase it and stir it, then take it off and let it stand vntill it be cold, and make it in a lumpe, it is good for a new wound, or to staunch bloud, poure a little of it in a dish, and if it sticke fast vnto the dishes side, then it is inough, and preserue it to your vse as need requireth.

The making of the flower of all plaisters and salues called Flos vnguentorum per G.K.

¶ Take halfe a pound of Rozen, halfe a pound of Perossen, a quarter of a pound of Frankensence, a quarter of a pound of virgin Wax, an ounce of Mastick, a quarter of a pound of Dears

sewet, a quarter of a pound of Sheepes sewet, two drammes of Camphire, a quarter of a pound of Venice Turpentine, and melt that may be molten, and make powder of that which may be beaten to powder, and searce your powder through a fine searcer, and to compound this treate or plaister with all, your Waxe, Sheepes sewet, and Deares sewet must be first molten on a soft fire, then your Olibanum, Mastick, with your Rozen and Perossen, and your Frankensence and Myrrh, and last of all your Turpentine of Venice, and as you put these gums in, you must euer be stirring it with a little sticke, that it to not grow to the kettle side with a soft fire: the gums being throughly molten, take the kettle from the fire still stirring of it, let your Myrrh and your Turpentine be put in the last, for that must not abide on the fire long after it is put in, then take a pottle of good white wine, and let your strainer be of canuas, readie for to straine the saide gums withall, and let there be no holes in the canuas strainer, then take a faire Bason or Pece and put it in a quart or three pints of your white wine, and then let it runne through into the white Wine, and so let it cole for the space of two howres, and then worke it and make it vppe in roles, and let the roles lye continually still in the white Wine, for it will bee as Allablaster, and yee may keepe it this seauen yeares in full effect and goodnes, and especially for all new woundes and aches being spread vpon new canuas, and apply it to the griefe, and these be the vertues of this Flores vnguentorum.

Also this noble Salue or plaister amongst all other is most clensing, and well sounding the flesh, that it healeth more in one weeeke then in any other, it will suffer no corruption to be ingēdred in man or woman, nor no euill flesh to grow: for all these diseases aboue named, it is the most strange medicine that euer was found: as is experience it hath beene full many times proued and tried.

The golden plaister that healeth all bruses of vaines or sinewes: proued.

¶ Take Colofony, Pitch, Rozen and Oyle three ounces, of liquid pitch an ounce, of Olibanum an ounce, of Auri vnguentia like of each, of wine asmuch as sufficeth, and make thereof a plaister, and lay it too, and keept it to your vse.

To make Gratia Dei.

¶ Take halfe a pound of Rozen, and boile it in a pan vntill the some or scum be come of it, then take a quarter of a pound of vnwrought Wax, and put it into the Rozen, and boile them together as is afozesaid: then take an ounce of Sheepes suet, and as much of Turpentine, and Oyle Olive a spoonefull, and put them altogether into the same pan amongst the Rozen, and Ware afozesaid, and boile them altogether vntil the some begin aboue, and when the some beginneth to ware blacke, then take it off the fire, and clense it through a faire linnen cloth into a pan of water, then wozke it with your hands, and put it out as you doe Birdlime foz the space of a quarter of an houre, and now and then wet your hands in the water, when it cleaueth to the salue, and then make it into roles.

To make Gratia Dei Minor.

¶ Take Betony, Veruaine, Pimpernell that beareth the white flower, of each three handfuls, and bray them, seeth them in white wine till it be halfe sodden, then poure out the Wine through a cloth, and set it ouer the fire: put thereto Perrosin a pound, Mastick a pound, Virgin wax, and take womans milke that nourisheth a man child a quantity, mingle them together boiling with a slice till it be well melt: then take it off the fire, put in halfe a pound of Turpentine, stir it well together til it be cold, then keep it till ye need: it is good foz all new wounds and old, foz the Webbe in the eye, it suffereth no deade flesh

to

so remaine within the wound. Also for stinging of venemous beasts, and also for all manner of impostumes, and for all sores.

To make a plaister that shall heale a wound.

¶ Take a pound of the iuice of Betony, as much of Plantine, the iuyce of Smallage as much, Bursa pastoris as much, and foure pound of Waxe and Perrossen, a quarter of a pound of Incense: boyle all these together with the iuices of these 4. hearbes, till they be almost thick, and then put therein a quarter of a pound of Turpentine, oyle Olive three pound, and so vse it as a plaister at neede.

A methridate against poysons and pestilence, which for a truth was proued vpon foure Irish Gentlemen poysoned with Ratsbane, cast into a pan of Milke in France, who were so swolne that they were ready to burst.

¶ Take of the rootes of Turmentile two drammes, of all the kinde of Sanders, of euery of them a dram, white Dittany newe gathered and dried, a dram of the top of a Harts horne, or a Spittrack of precious stones, the fragmenes of orient pearle Bole armoniack, Aristologia rotunda, of each a dram, Penirtall, Mirrh, and sewet, of each two drams, Tarra limnia, of the purest, two drams: the seedes of Cytrons and Saffron of each a scruple, Unicorns horne, & Iacints, of each halfe a dram. The licour to make this Electuary is Rosewater, and the water of Borage flowers distilled: boyle your Suger and waters to a perfection, and in the cooling put in your powders searced, and so reserue it as a most precious treasure, that is also a present remedy to drive out the Measels, shingles, small pore, the plaguepulses, & hath holpe them whose sores were gone in, and brought them out againe, and recouered the parties, and it defendeth all venim.

To make Pilles against poyson, of a meruailous vertue, as hath been proued.

¶ Take Imperatrice, Bistorta, Turmentilla, Valeriana, Ditramo, Bianco, Carlina, Gentiana, Aristologia rotunda, Agarico, Electo, Salgē, of each a like quantity, beate them in fine powder, then take the iuice of Garlick, and of Onions, as much as will make it into a paste. Also put into the iuyce one dram of Saffron, thē let the saide paste be mixt dry in the shadow and then beate it into pouder againe, and mixe it with the aforesaid iuice in good force, and keepe it in a vessell of lead vntill thou hast need, and when thou wilt vse it, take thereof foure drammes and make thereof pilles with Siropo aceteso, in good forme, the which thou shalt giue vnto him that is poysoned, and in short time thou shalt see miracles of this medicine: for all the aforesaid simples in maner alone sufficient to deliuer one that were poysoned: but being mixed together it worketh greater effect, these pilles are of as good experiment against poyson as may be.

For a man that hath drunke poyson.

¶ Take betony and stame it, and mingle it with water, and the poyson that the party hath drunke, will presently come forth againe.

Against the Plague or pestilence.

¶ Take Pastelon, Sentuary, Wormwood, Horehound, of each a good handfull, and steepe them all night in a potte of Beere, and in the morning drinke a draught thereof fasting. Also to perfume your Chamber with Rosemary dried, and Bay leaues, or Ienepar or Rose water, and Cloues and Olibanum: it is very good to giue children in time of infection treakles with water of Dragons or Scabious, or let them chew Zedwall in their mouthes;

To

To driue out the plague if you thinke one be infected.

¶ Take the roote of Dragons, and the rootes of Polipodium of the oake, of each like quantity, and dry them in an Ouen, and beate them to powder: and if you thinke that you bee infected, take asmuch of the powder as will lye on a groate, and put it in a cup of Ale, and drinke it next your hart, and it will driue out the plague, and preserue the patient.

A powder to drinke to preserue one from the plague.

¶ Take Betony, Pimpernell, Sinckfoile, Scabions, of each of all these a like quantity, and drie them all, & beate them into fine powder, and where any infection of the plague is, drink some of the powder in Ale warm next your hart, two mornings in a weeke, and if the infection be great, drink it euery morning and by Gods grace it shall helpe you.

For them that are infected with the plague.

¶ Take a spoonefull of running water, a spoonefull of Vinegar, a good quantity of Treakle, to the bignes of a Walnutte, temper all these together, and heate it luke-warme, and giue it him to drinke 24. howres.

For the plague a remedy.

¶ Take Scabions and stampe it with swines greace, & lay it to the sore, and let it lye 24. howres vnremoued, and it will take it cleane away, or else breake it, and if the patient drink the iuyce thereof, it is very good therefore.

For the plague a medicine.

¶ Take an Onion and cut out the core, and fill it full of Treakle of Jane, and roste it in the fire: and then take three spoonefuls of red Vinegar, and fiue spoonefuls of iuyce of Sorrell, and straine the Onion with the saide iuyce, and drinke it warme, and it will helpe you.

Another for the same.

¶ Take Treakle of Jane, and stirre it together with ginger and Cloues, and a little Saffron, and take thereof in the morning, next to your hart.

For to kill Ring wormes or Tetters.

¶ Take vnslacked lime and Sope, and mire them together and lay it vpon a parchment skinne, no broader then the Ringworme, and lay it thereto halfe and howre, vntill it take the barke or skinne, and then take the iuyce of Oxyne, and annoint it till it be colde, and then heale it vp with salue.

Also if ye take glasse, and make the same into fine powder, and afterward meddle it with blacke Sope, and annoint the sore therewith, it will heale the same.

A very good ointment for Ring-wormes or Tetters.

¶ Take oyle of Roses two ounces, new Ware 4. penny waight, mingle your oyle and Ware together, then take Litage of Golde and Seruse, of each halfe an ounce, make your Litage and Seruse into fine powder, and meddle them in a brazen morter with your Oyle and Ware, then take halfe an ounce of Quicksiluer mortified, and the white of an Egge newe laid, meddle them together, and put in your Quicksiluer last, and vse it euening and morning: and thus you shall mortifie your Quicksiluer put it into a viall of glasse, and put fasting spettle to it, beate it vp and downe till it change colour like ashes, then put in your stuffe, and labour them wel together, and afterward vse thereof at your need.

For a Ringworme or Tetter.

¶ Take foure ounces of Boyes greace, and one ounce of Quicksiluer, and kill it with fasting spettle, one ounce of Verdigreace, a dramme of Camphire, a quantity of blacke Sope, and

and of Mustard, the iuyce of Walnut leaues, and grinde them altogether vpon a Painters stone, and put it into a boxe, and therewith annoint all the places where the Ringwo:me o: Tetter is, euening and mo:ning, till it be whole.

To kill a Ringworme or Tetter in what place soeuer it be.

¶ Take blacke Sope and Pepper, and mingle them together, and make a plaister thereof, and lay it to the griefe.

Also take the iuyce of Honny suckle leaues, and annoint the place with a feather.

Also take the oyle of Sco:pian, & annoint the place where the griefe is, and it helpeth the same.

Also if you take the flower of Popell and Vinegar, and oyle of Nuts, and annoint the place with the same, it will perfectlie cure the Tetter o: Ringwo:me.

A good restority to restore a mans nature, and to helpe them that are weake and decayed.

¶ Take and make Almond milke with the b:oth of Beefe-mary bones, & and of a Cocke that is well boiled, then temper therewith yolkes of Egges, and good Bastard, then put them in the Almonde milke, and make a Cawdell thereof with your Bastard, and cast blaunch powder vpon it, and you may put a little Rosewater vpon it, fo: it will be the better.

A restoratiue of Rosa Solis.

¶ Take Rosa Solis, but touch not the leaues in gathering, no: wash it not, take thereof foure good handfuls, then take thr:ee pints of good Aqua vitæ, put them both into a glasse o: pot of thr:ee o: foure pints, and then stop it hard fo: thr:ee dayes and thr:ee nights, and the fourth day straine it thr:ough a cleane

cloth into a glasse or pewter pot, and put thereto halfe a pounde of fine Sugar beaten very fine, take foure ounces of fine Licoris beaten in powder, halfe a pound of sound Dates, the stones taken out, make them cleane, and mince them small, and put all these together in a glasse or pewter pot, and stop it close that no ayre goe out, and drinke thereof at night halfe a spoonefull with Ale or Beer, but Ale is best, take as much in the morning fasting, for there is not the weakest body in the worlde that wanteth nature or strength, or that is in a consumptiõ, but that will restore him againe, and make them to haue a good appetite to their meat.

For to restore the strength of a man that is broughtlow.

¶ Take two or three Fennel rootes, and as many Parsley rootes, Isope, Time, Sauory, Violet leaues, of each halfe a handfull, and a Licoris sticke bruised small, a spoonefull of Annyseedes, halfe a handfull of great Raisons, with a handfull of Barly: make your broth of all these, sodden in a pottle of water till it come to a quart or lesse, and when your meate is verie well sodden, stampe it: your flesh must bee eyther a Cock chicken, or a knockell of Veale, and being so stamped very well together, straine it and keepe it, and giue the patient thereof morning and euening often, and it will restore him, although hee be neuer so low brought.

A salue to heale all manner of sores, and especially for a fresh vvound.

¶ Take of oyle Oliue and Turpentine a like much, a prety quantity of Rosemary leaues pricked, boile all these together, and in boiling put thereto a spoonefull of faire water, and let them boile together vntill the water bee consumed as an oyntment, and when it is boyled, straine it hote and warme, and let it stand in a vessell of earth, and when yee shall occupie it, heate

it

it ouer the fire, and against the fire dresse the sore so that the fire may dry the ointment, and yf neede bee, that there bee no dead flesh, lay lint in the salue, and lay it hote against the seze, and if it neede to be tented, then tent it with a tent of the same ointmẽt hote, and lay vpon the tent a plaister of hote cleauing salue, and it will cure any wound or soze.

To make a salue to bring sores that rankel and ake into their owne kind, and cease the burning and aking.

¶ Take the iuyce of Smallage & of Plantine of each like much, of Honey and the white of an Egge a like much, and put thereto flower of boulted Wheat, and stirre them well together vntill it be thicke, and let it come neere no fire but all cold and rawe lay it to the soze, & it shal clense the wound and cease the aking, and bring it to his kind and heale it faire: for this is a principal salue for sores.

A salue for a new cut that will not leaue bleeding.

¶ Take the blades of vnset Leekes, stampe them, and put thereto Hony and Wheate flower, and stir them well together vntill they be thick, and let it come neere no fire, but all cold lay it to the wound, and it will staunch the bleeding, and it will driue out the bruised blood, and make it cleane and heale it.

A salue for all sores.

¶ Take oyle Olive a pint and a halfe, Turpentine asmuch Rozen a quarter of a pound, vnwrought ware halfe a pound, of sheepes tallow 4. pound, then take two handfuls of Smallage, 2. handfuls of Bugle, 2. handfuls of Ragewoozt, 2. handfuls of Plantaine 2. handfuls of Ozpine, and cut all these hearbes smal, and seeth them in the forsaid geare aboue written, & let it boyle softly ouer the fire, alwayes stirring it vntil it bee well meddled together, and when you thinke it well, take it from the fire, and straine it through a strainer of Canuas, and so vse it.

A

A ſalue for a ſnew hurt.

¶ Take Ware and ſheepes ſewet, but not ſo much of the ſewet as ware, and a little Rozen, and if you will heale it ſhortlie, put in but a very little Rozen, and ſet it ouer the fire together, and as it riſeth ſtirre it, and then put therein a diſh of water, and when it is cold make it in roules.

Another for the ſame.

¶ Take the whiteſt Virgin wax that ye can get, and melt it in a panne, then put in a quantitie of Butter and Honny, and ſeeth them together, and take a diſh with faire water, & ſtraine it into the water, and worke it with your hands, and then make it in a round ball, and ſo you may keepe it: and when you lay it to any ſore, you muſt firſt worke it in your hand, and then ſtrike it on a cloth and lay it to: and this medicine will both heale and draw the ſame.

A ſalue for wounds, and all olde ſores.

¶ Take halfe a pound of Sarueſe and ſomwhat more, of oyle Oliue, which is Ballet oyle, two ounce, of Vinegar a prety quantitie, and boyle it till it be black, & make it vp in roules, and ſo at your neede you may vſe it.

A very good ſalue called Incarnatiue, to bring fleſh.

¶ Take of the beſt Turpentine, and waſh it in very faire water vntill it be very white, & then put out the water from it, and compound it with the yolke of an Egge or two, and put in the duſt of Frankenſence and ſaffron very fine beaten, and ſo worke them altogether: and keepe it to your vſe when you ſhall neede it.

A notable healing ſalue.

¶ Take pure Ware, Roſen, Bolæ armoniack, ſhéepes ſewet, Deeres ſewet, of each one pound, beate the Roſen and Armoniack

montake into fine powder, and searce it through a fine searcer then take Turpentine halfe a pound, boyle all these together vpon a soft fire, and stire them well all the while that they seeth, but put not in the Turpentine vntill it be ready to take from the fire, for it must haue but one walme: and so imploy this salue to any soze wound, and it will heale it in short time.

To make a drawing salue.

¶ Take Deeres sewet and melt it, and put in as much olle Olive, as much Rozen and Ware, boyle all them together, the let it stand and put in some Turpentine, & so straine all through a linnen cloth, and keepe it to your vse.

Another for the same.

¶ Take an ounce of Ware, two ounces of sheepes sewet, halfe an ounce of Olibanum, halfe an ounce of Rosen, two spoonfuls of Hony, two handfuls of young Docke leaues, and take and put them into three or foure old Docke leaues close wrapped together and so rost the yong Dockes therein, and when the Docks be rosted put in your gums thereto.

A salue for an olde sore.

¶ Take as many Bramble leaues as when they are shred come to a quarter of a pound, of Sage, and Valerian, of each of them a quarter of a pound, also as much of Ware, as much fresh butter, halfe a pound of Rozen, then put them into a skillet, and boyle them altogether a good space, & then straine it through a faire cloth, and so keepe the salue till that you haue neede thereof, and this helpeth.

The making of a salue to cure woundes that be rankled and brused, and to cease the swelling and aking.

¶ Take the iuice of Smallage, and the iuyce of pety Morrell, and the iuyce of Plantaine leaues, of each a like much,

then take Hony, and the white of an Egge a like of each of the same as of the iuyce, and meedle them all on the fire, and put therto flower of bolted Wheate, and stir them well together till it be some deale thicke, and then let it come nie no fire, but lay it to the wound all cold, and it will clense the wound and cease the aking and brenning, and bring them in his kinde, and heale him faire for euer, and this is a principall salue for sores or wounds: Proued.

To make a salue that is a precious oyntment for wounds and for brusings, but it must be drunken in white Wine or stale Ale.

¶ Take of the hearbe Walter, Robart, wilde Thistles, Pursewort, Veruaine, Daisie, the little Knapwoort, Egrimony, Harts tung, Horehound, Pimpernell, hearb Iuie, Sanigell Plantaine, Pedewort, Sothernwood, little Burnet, Mugwort Tansie, the holy Thistle, Betony Turmentile, Mouseare, Peluet, Milfoyle, Robwort, blacke Thistle, wilde Sage, crops of Hemp, crops of ỹ red Bramble, crop of the red Woorts, Mors diaboli, Groundswelly, Scabious, Sage Violet of the Garden, Osmond waches of the mede, Fumitory, Dawk, Spinage Strawberies, and the more Daysie, Mede, March, Walls crops, Peygell, Woodrone, Crosset, Iermander, Tutsan, woodbind, Pedelion flowers of Broome, Tinkfoyle, Wormwoort, Scabwort, then take of Suence as much of him as of all the other hearbes, and then shred them, and do them in a morter, and stampe them small, and do thereto three or foure pound of May butter cleane clarified and put together, and so let them stand fourten dayes, and then do it in a cleane pan, and set it ouer the fire, and let it seeth soft, then straine it through a canuas cloth, & do thereto the iuice of Saffron, and stir them well together, and let it stand forth till it be cold, then must the sick take thereof on this manner: take of this salue fiue peny waight, and do it in warme Wine or stale Ale, and let it melt on the fire, and let the sick drinke it first and last, and this healeth wounds well.

For

For the salt humour.

¶ Take halfe a pound of Lignum vitæ, and barks thereof, and Anniseed, Licoras, and boile all these together, and halfe a pint of clarified Honey, and all kind of colde hearbs, with Liuerwoort and Harts tong, halfe a quartern of French Barley, and halfe a pound of Raysons of the sunne, pull out the stones of the Raysons, and boile all these together very wel, and straine them, and it will helpe that disease in the body.

For the salt humour another.

¶ Take white Lead, Ceruse, Litarge of gold, and Litarge of siluer, of each one ounce, Sulphur one ounce, mixe them together, and make them in powder very small, then take oyle Oliue one ounce and a halfe, Vinegar, white Wine, as much as needeth, mixe in due proportion.

For to heale any sore or cut.

¶ Take a little fine flaxe, and a little Hogges greace, and chop them together, and make a plaister of the same, and it will heale it very well and faire.

An oyntment for all manner of sores and cuts, and swellings and heate.

¶ Take Melilot, Egrimony, of each a like much. Wood Betony, Woormwood and Smallage, a quantity of each of them, and gather them in May, and shredde them, and bray them with as much butter, waight for waight as the hearbs altogether, and then lay it in a corner fire or seauen dayes vntill it bee hoary, and then take it and fry it, then straine it into an earthen pot, and when it is colde make an hole in the side or bottome of the pot, that the drosse may run out.

Another for the same.

¶ Take a good quantity of Smallage and Mallowes, and put thereto two pound of Boyes greace, & a pound of butter, &

oyle of Neates feet a quantity, and stamp them well altogether, then fry them, and straine it in an earthen pot, and keepe it to your vse.

A water for to heale an olde sore.

¶ Take a gallon of running water, and set it on the fire and let it seeth: then take an ounce of greene Copperas, two ounces of Bolæ armoniak, white Copperas the quantity of half a Nut, and grind or beate them all to powder together into the saide water, and let them seeth together a little while, then take it from the fire, and when it is colde put it in an earthen bottle, and stop it fast, and then occupie it at your need.

A soueraigne water for all manner of sores.

¶ Take red Sage, Isop, Rosemary, red Fennell, Daisies, English Saffron, Nep, Allom, of each a quantity, but most of Daisies, seeth them in running water, and wring it through a cloth, and so make a water: and this is good for all sores.

An ointment to cleanse old stinking sores.

¶ Take the iuyce of Selidon, the iuyce of Plantain, honey, the yolke of an Egge, of each like much, Barly flower, meddle them together, and put as much Barly flower as shall make it thicke like a plaister, and let it come nere no fire, and so lay it vpon the sore.

A good oyntment to clense a sore both old and new.

¶ Take halfe a pound of Turpentine, and wash it well in Barly water, the yolkes of fiue Egs new layde, honey of Roses four ounces, and for lacke of honey of Roses take other honey, Barly flower as much as shall bee sufficient to make it thicke like a plaister, and meddle them together, and let them not come nere any fire.

¶ Take a quart of good Ale, and Allom, Hony and Woodbind leaues, and stampe the leaues, and put the iuyce to them, and seeth them till they come to a pinte, and when it is cold wet a gray paper in it, and lay it to the soze.

For all manner of Scabs.

¶ Take Enula Campana, red Docke rootes, Nightshade, Woodbind leaues, and then cast in a peece of Allome, and put Vitrioll romana tubzified when it is cold, and wash the scabbe therewith.

Another for the same.

¶ Take white oyntment, Bzimstone, quicksiluer, Verdigreace, and meddle them together, and therewith annoint the soze scab.

For to doe away scabs.

¶ Take red Docke rootes, Pimpernell, Scabions, Sozrel de bayes, Celondine, stampe them with May butter, and frye them well together, and strain them thzough a cloth into a clean vessel, and cast thereto a good quantity of Bzimstone in powder, and stir it well together till it be colde, and therewith annoint the sicke till that he be all whole.

Another for the same.

¶ Take the roote of Hozsehelme, and seeth it in water till it be nesh, and take olde Sheepes tallow, and meddle them well together in a mozter, and do it in a linnen cloth, and annoint the soze by the fire.

Another for to doe away scabs.

¶ Take Celondine, and powder of Bzimstone, and meddle them well together, and it will do away the scabs.

Another for the same.

¶ Take Onions and mince them, and seeth them in water or in Vinegar, and wash therewith the scabs or itching, & it shall do it away, and heale it faire and smooth.

Another for to doe away scabs or itching.

¶ Take the rootes of Enula Campana, and wash them cleane in faire water, and seeth them as you seeth Persneps, and then make them cleane, and cut them in peeces, and stamp them small with colts greace, & annoint the sore therewith.

A good oyntment for the scabbes, and for itching of the body.

¶ Take foure ounces of oyle de bay, and an ounce of Frankensence, and two ounces of white Waxe, and three ounces of Swines greace, and an ounce of Quicksilver that must be slacked with fasting spittle, an ounce of great Salt, as much of the one as of the other, and of all these make an oyntment, and if the scabs or itch be vpon all the whole body, as well aboue the girdle as beneath, then when thou goest to bed wash both thy handes and thy feet with warme water, and supple them well therein by the fire, and after dry them with a cloth of linnen, then take vp with thy fingers of that oyntment, and do it in the palmes of thy hands, and on the soles of thy feete, and rub it well together, that it may drinke in well, and if it do soke in well, thou must put gloues on thy hands, and socks on thy feete, and thus doe euerie night when thou doest go to bed, and if the scab or itch bee aboue the girdle and not beneath, then annoint but thy handes, and if the scab be beneath the girdle, then looke that you annoint the soles of your feet, and the scab or itch be in all thy body, as well aboue the girdle as beneath, then thou must annoint both thy hands and thy feete as thou sittest by the fire, and thou shalt bee whole: this hath beene proued.

Another

Another oyntment for a men than is scabbed.

¶ Take fiue or sixe handfuls of Horehound, and seeth it in running water till it be halfe sodden away, and then wash the sicke therewith as hote as he can suffer it, and then looke that you haue ready this oyntment made of these hearbes: take the roote of the red Dockes, and the roote of Seliden, and then take Wormewood and Alleluia, of each a like much, and bray them well together and do thereto a good portion of May butter, and stampe them well together, and so let them stand seauen dayes, and then frie it, and straine it as thou dost another oyntment, & therewith annoint the sicke when he is washed, and he shall be whole.

For the shingles a remedy.

¶ Take Doues dirt that is mustie, and of Barly meale heaped halfe a pound, and stampe them well together and do thereto halfe a pint of Vinegar and mingle them together, and so lay it to the sore cold, lay Cawle leaues thereupon, & so let it lye three dayes vnremoued, and on the third day if neede require lay thereto a new plaister of the same, and at the most he shall be whole within three plaisters.

Another for the shingles.

¶ Take the bloud of a Cats eare or of the taile, and therewith annoynt the shingles and do nothing else thereto. Also take Doues dung, and Barly meale, and stampe them together with Aysell, and lay it to the shingles all cold.

For all manner of sinewes that are shrunken.

¶ Take the head of a black Sheepe, Camomell, Lorrell leaues, Sage of each a handfull, and bary these hearbes in a morter, then boyle them altogether in water till they be well sodden, and let them stand till they be cold, then draw it through a strainer and so vse it.

An

An oyntment for shrunken sinewes & aches soueraigne.

¶ Take eight Swallowes ready to flye out of the nest, driue away the breeders when you take them out, and let them not touch the earth. Stampe them vntil the feathers can not bee perceiued, put to it Lauender cotten, of the strings of Strawberries, the tops of mother Time, the tops of Rosemary, of each a handfull, take all their waight of May butter, and a quart more, stampe all the feathers that nothing can be perceiued in a stone morter, then make it vp in balls, & put it into an earthen pot for eight dayes close stopped that no ayre take them, take it out, and on a soft fire as may be, seeth it so that it doe but simper, then straine it, and so reserue it to your vse.

For sinewes that be broken in two.

* Take Wormes while they be knit, and looke that they depart not, and stampe them and lay them to the sore, and it wil knit the sinewes that be broken in two.

For to knit sinewes that be broken.

¶ Take Archangell, and cut it small in gobbets, and lay it to the sore, and take Pilsoyle and stamp it, and lay it aboue it hard bound, and let it lye so three dates, and at the three dates end take it away, and wash it with wine, and then make a new plaster of the same, and at three dayes end put thereto another, and do nothing else thereto.

Another for the same.

¶ Take Pentiall and bray it, and put salt inough to them, and temper it with Hony, and make a plaister thereof and lay it vpon the sinewes that be stiffe, and it will make them to strecth. Proued.

An oyle to strecth sinewes that be shrunke.

¶ Take a quart of Neates foote oyle, a pinte of Neates gall, halfe a pint of Rosewater, as much Aqua vitæ, then put all these

these together into a Brasse panne, then take a handfull of Lauender cotten, as much of Bay-leaues, a good quantity of Rose mary, a good quantity of Lauender Spike, of Strawberry leaues, the strings and all, then take thred and binde them all in seuerall branches, and put them into the panne or pot, and sette them ouer the fire vpon cleare coles, with the oyles altogether, and so let them boile a good while, and when it is boiled enough, it will boile but softly: then take it off the fire, and let it stand till it be almost colde, then straine it out into a wide mouthed glasse, bottle or pewter pot, and stop it close, it will not continue in a woodden thing: and where the sinewes bee shrunke, take of this being warmed, and annoint the place therewith, and chafe it well against the fire, and vse this morning and euening and keepe the place warme, and by the grace of God, you shall find great ease.

For to staunch bloud.

¶ Take Bole armoniacke, and Turpentine, and make a plaister and lay it to, and it will helpe the same. Also if you take the mosse of the Hasell tree, and cast it into the wound, and it will stanch the bloud forthwith: and the longer that it is gathered, the better it is. Also take a good peece of Martilmas beefe, out of the roote, and heate it on the coales, and as hote as may be suffered, lay it to the place.

Another for the same.

¶ Take a peece of leane salt beefe, and let it be of that bignes that it may fill the wound, and lay in the fire in the hote ashes, till it be hote through, and being hote, thrust it into the wound, and binde it fast, and it shall quickly stanch the bleeding.

Another to staunch bloud.

¶ Take Bursa pastoris, stampe it, and lay it to the vaine, and it will quickly stanch the bleeding.

Another for the same.

¶ Take the mosse that groweth about the roote of the Ash tree, and hold it to thy nose and smell it, and it will stanche the bleeding thereof.

To staunch bloud vvhen the Maister vaine is cut.

¶ Take Raw Beefe that neuer had any salt cast thereon, and lay it on a gredion ouer fresh coales well kindled, and lay the Beefe thereon, still turning the same till it bee well broiled, and then lay it to the sore, and it will staunch the blood: and for the nose, if it be put into a cloth and smelt to, it helpeth.

To staunch bloud.

¶ Take an hearbe that is called Lunaha, and stampe it, and lay it to the wound, or take the greene leaues thereof, and lay them on the wound, and it shall staunch: and if a man may not haue this hearbe, let him burne the feathers of a Cocks necke, and take the ashes of them and lay on the wound, and the bloud shall soone be staunched.

For svvelling that commeth sodainely in a mans limmes.

¶ Take Harts tongue, Cherfoyle, and cut them small, and then take dregs of Ale, and wheate braune, and sheepes tallow molte, and doe all in a pot, and seeth them till that they bee thick, and then make a plaister, and lay it to the swelling.

Another for the same.

¶ Take faire water and salt, and stirre them well together, and therein wet a cloth, and lay it to the swelling.

For to make one slender.

¶ Take Fennell and seeth it in water, a very good quantity, and wring out the iuyce thereof when it is sod, and drinke it first and last, and it shall helpe the patient.

For

For to breake the stone, a medicine.

¶ Take halfe a handfull of Pellitorie of the wall, halfe a dozen Parsly rootes, halfe a handfull of vnset Time, a quantitie of Pennyrial, and seeth all these in a pottle of Rennish Wine or White wine, and let it seeth to a quart or a pint, which you will: then take a Nutmegge rosted and drie it by the fire, and deuide it in foure parts, and drinke the same warme after it is strained, as much at a time as you thinke good.

Another for the same.

¶ Take the rootes of Parsly, Pellitory, and redde Nettles, of each alike quantity, wash them cleane, and mince thē small, and lay them in white wine twenty foure houres, and still them together, and drinke it with two pound of rootes put to a quart of White wine.

For the stone a remedy.

¶ Take Reysons, vnset Leekes, Sappifrage, Hamphire, Auence, Beane cods, still each one by it selfe, and fine them in the sunne, and take of each alike much, and put thereto as much Malmesie as of the waters, and still them altogether againe, and fine it in the Sunne, and when the patient is grieued and at no time else let him drinke thereof three spoonefuls at a time, and that will be sufficient enough at once, and heate it luke-warme, and put in a little powder of Glues, and drinke it, and lay him downe to sweate. Also take Sapifrage, and still the same with water, and make thereof a sirrop, as though it were with Roses, and put thereto a quantity of Sugar, and eate it, & it will breake the stone meruailously.

Another medicine for the stone.

¶ Take a cake of Rie and bake it, then take Onions, and roste them very soft, then take your cake out of the Ouen, & slit it a sunder in the middest, the vpper side frō the nether, then take

pour Onions, and pill them, and thread them vpon the cake, & lay the one peece to the bottome of your belly, and the other part to the raines of your backe, and it will helpe you.

A very good powder for the stone

¶ Take Smallage seede, Louach seede, Fennell seed, Saxifrage seede, Caraway seede, Gromell seed, Broomeseed, parsley seede Philopendula, the roote thereof dried, Mesuaine, and the kernels of Cerrisstones, of euery of these a like much by weight, then beate them in a brassen Morter all to powder, and then let the sicke vse of this in white Wine at euening and morning, and also let him vse of this powder in his pottage, for it is very good for the stone.

An excellent good Medicine for the stone, and to breake it.

℄ Take Allisander, Louach, Smallage, Water Cresses, and Gromet, of each a like much, and boyle them in a Gallon of faire water till the halfe thereof be wasted, and doe thereto a good deale of Sugar, or of Licoris, and then straine it through a cloth and doe it in a cleane vessell cleane stopped, and let the sick drinke thereof morning and euening, and this will breake the stone in the raines or bladder, and make him for to come foorth without faile.

A good medicine for the stone.

℄ Take March seede, Annyseede, and Comminseed, Parsly seede, and Fennell seede, and Water Cresses seede, or else the powder made of the hearbe, then take all these seedes and do them in good Vinegar, and so let them stand two dayes and a night, then dry these seedes in an Ouen, and then make them to powder in a brassen Morter, and let the sicke vse of this powder in his pottage and in his drinke as is aforesaide, and this will make a man to make water well.

A good plaister proued for the strangury.

¶ Take Hollyhocks, Violets, and Mercury, the leaues of these hearbes or the seedes of them, also the rinde of the Elder tree, and leydwort, of each of these a handfull, and beate them small, and seeth them in water till halfe be consumed, then doe thereto a little ople Oliue, and all bote make thereof a plaister, and lay it to the sores and raines. And also in Sommer you must make him a drinke on this manner: take Saxifrage and the leaues of Elders, fiue leaued grasse, and seeth them in a pottle of stale Ale till the one halfe thereof be consumed, then straine it and keepe it cleane, and let the sicke drinke thereof first in the morning, and last at night. and if you lacke these hearbes because of Winter, then take the rootes of fiue leaued grasse, and dry them, and make thereof powder, and then take Oister shels & burne them, and make powder of them, and mingle them together, and so let the sicke vse thereof in his pottage and drinke, & it shall helpe him.

A very good medicine, shewing how to make a powder for the stone and strangulion.

¶ Take blacke Bramble berries while they bee red, Iuie berries, the inner pith of the Ashe keyes, the stones of Eglantine berries cloven, rubbed from the hayre, Nutte kees, the rootes of Philopendula, of all these a like quantitie, Aeorne kernels, the stones of Sloes, of each a like quantity, dry all these in platters in an Ouen, till they may be well beaten to ponder, then take Gromell seed, Saxifrage seede, Alisander seede, Coliander seede, Persly seede, Commin seede, Fennell seede, Annise ede, of each of these a like quantitie, asmuch as is before written, and dryed in like sort, then beate all these to fine powder, and take Licoris of the best that you can get faire scraped, as much in quantitie as of all the other, and beat it fine, and mingle it with the same powder, and so keepe it close that no

winde come at it, vsing it first and last with posset drinke made with white wine or strong ale, and when you eate your pottage or other broth, put some in it if you be sore pained, and if you haue any stone it will come away by shiuers, and if it do so, when you thinke that your water beginneth to cleare again, take this drinke following, and it will clense your bladder, and it will leaue no corruption therein.

The drinke.

¶ Take Rosemary and wilde Time, and seeth them in running water, with as much Sugar as will make it sweete, from a quart to a pinte, vse the quantity of your hearbes according to your discretion, so that it may sauour well of them, and so vse it nine mornings, sixe or seauen spoonfuls at a time.

For the Tissicke well proued.

¶ Take a handfull of Fennell rootes, as much Parsley rootes as many Alisander rootes, halfe a handfull of Borrage rootes, and pull out the pith of all the saide rootes, then take halfe a handfull of Penny riall, as much of Violet leaues, and as much of Cinckfoyle, as much Succory, Endiue, Hollihock-leaues, Mallow leaues, and redde garden mints: of all these a like quantity as of those next before, halfe a handfull of Licoris sticks scraped, bruised and beaten to fine powder, a gallon of fayre running water, boyle therein all these simples, and boyle these seedes following with them, that is, three spoonefuls of Annyseedes, as much Fennell seede, as much Coliander séede & Comin seede, a good handfull of Dandelion rootes, and so boyle altogether from a gallon to a pottle, and let the patient drinke thereof first and last, and it will quickly helpe him.

Another for the Tissicke.

¶ Take a quart of running water, with a handfull of Isope, two ounces of Annyseeds, as much Licoris beaten both together halfe an ounce of Fennell seede, beate all these together, very fine with a quarterne of white Sugar, and so boyle them altogether

altogether vnto a pint, and then straine them and so let the party drinke thereof first and last, and it will doe him good.

For a Tissicke or colde another.

¶ Take two ounces of Licoris scraped and bruised, of Figs three ounces, of Egrimony, Horehound, Enula Campana, of each a handfull, and boyle them altogether in a gallon of Water vntill the halfe be wasted, then straine the hearbes from the iuyce, and vse it earely and late: for this hath beene proued.

Also for the drie Tissicke, take and stampe Fennell rootes, & drinke the iuyce thereof with white wine.

For the Tissicke an other experiment.

¶ Take Radish rootes, make them cleane, and cutte them thin, and cast them into an ouen and bake them, then beate them into powder so small as you can, then drinke thereof every morning fasting, and at night when you go to bed, and wet your meate in the same powder as you would do in Salt, and it will do you very great ease shortly.

To make the mother of Treakle.

¶ Take a pinte of Honny, put thereto the iuyce of red Fennell, seeth it on the fire vntill it come to a pinte, then take it of and put thereto a penny worth of Sinamon in powder, two rasies of Ginger, a Nutmeg and a little Mace, and stirre them well together, and when it is colde put it into a bore, and gather your Fennell in May.

Also to make Treakle for all manner of poyson, take one ounce of Betony in powder, 4. ounces of Centory in powder, and 2 ounces of the powder of Rew, meddle these together, and temper them with clarified honney, and keepe it in a glasse.

The golden treate that healeth all bruses.

¶ Take Colofony, pitch and Rozen, and two ounces of oile, three ounces of liquid pitch: 1. ounce of Olibanū, Auri vnguēti

Allam

Allam of each two ounces of Wine as much as sufficeth, and boyle all these together, and so receiue them to your vse, as you neede, and it helpeth.

For to make a white treate, called Apostolicen.

¶ Take Oyle Olive, litarge of lead, Golde and Siluer, stampe it, and put it in the oyle through a cloth, and stirre it till it be hard, and this is a good treate for to heale all manner of woundes, be they new or old: this kind of treat hath often been proued good.

To make a Treate called Emanuel.

¶ Take Verualne, Wittany, Pimpernell, Centorie the more, Gratia dei, of each one handfull, hearbe John, Auence, Celondine, Acus muscata alaluia, Plantaine, Spurge, Egrimony, of each one handfull, grinde all in a morter, and put them in a gallon of wine, and boile them in a pan till the thirde part be wasted, then straine it through a Canuas cloth, and set it ouer the fire, and put thereto Waxe foure ounces, Pitch asmuch, Rozen asmuch, Olibanum two ounces, Mastick two ounces, Myrrhe two ounces, Aloes two ounces. Turpentine two ounces, Sheepes sewet halfe a pound, beate them all in powder and boile them all together saue the Turpentine, the which must be put in last of all, then straine the same through a cloth and keepe it till you haue neede thereof: and this is a speciall healer of all woundes and sores, bruses and broken bones, and Apostumes that be broken, also it hath a speciall vertue to draw, clense, and reengender good flesh, it healeth and doth away all kinde of aches whatsoeuer, all Cankers and Festers, it healeth Wormals, it passeth all other ointments: and if you will haue it soft, put thereto a quantitie of oyle of Roses, so much as you thinke good. Proued.

A good entreat called the greene treat of Iane.

¶ Take a pinte of the iuice of Smallage, a pinte of the iuice of Maybright, as much of Plantaine, put them together in a vessell, and put to it a quarter of a pound of Ware, and as much of Frankensence or Rozen made into powder, make your Ware into smal peeces, and boile them altogether, and euer stir them, and to know when it is boiled inough, drop a drop vpon a Bason, and if there be any moisture in it when it is cold, then put to it a pound of Turpentine, and stir them till they bee well medled together, then straine it, and put into it a quart of white Wine, and let it stand while it be cold, and so vse it.

Another treat called Gratia Dei.

¶ Take Ware, May butter, or other butter, without salt, of each one ounce, then take of Frankensence two ounces, melt them together, and straine them, and this is the making of this entreat which is called Gratia dei.

A good entreat for wounds.

¶ Take Betony, Pimpernell, and Veruaine, of each a handfull, boile them in a pottell of very good white Wine vntill it be halfe consumed, then straine it through a course canuas, then put the liquor ouer the fire againe, and in the boyling put to it halfe a pound of Rozen, a pound of Frankensence in powder and alwayes stir it that the powder goe not to ỹ bottome, and when it is taken from the fire, put to it halfe a pound of Turpentine, and a dram of oyle of Spike, and stirr it till bee colde. Proued.

A greene treat for a greene wound which is especiall good.

¶ Take Rozen made in fine powder foure ounces, of Sheeps sewet one ounce, halfe a pound of Turpentine, Wax and Frankensence, of each one ounce, Verdigreace ten pence waight.

Oyle fiue ounces, beate your Frankensence and Verdigreace, and put to all your stuffe ouer the fire in a vessel, but your turpentine and Verdigreace let them boile, euer stirring them till they be all relented, then take it from the fire and stirre it well, and then put in your Turpentine euer stirring it til it bee relented, then put in your Verdigreace, and mixe it well with the other and straine it, and keepe it to your vse, and it will help you.

The making of this treat which will endure an hundred yeare, and it is good for all ache in the bones, and for the sinewes.

¶ Take a pottle of neate oyle, and fry it with Hadockes as many as ye may, for they be dry and hard, then wring out ỹ oyle and doo them away, then doo thereon two pound of sheepes tallow that is new and melt it, and halfe a pound of Ware, as much Rozen and Frankensence and breake them small, and doo them into the oyle for to be melted, then take fiue handfulls of Hocks, and of Colondine foure handfuls, and foure handfuls of Enula Campana, and of Plantain eight handfuls, & of the roote of Enula Campana cleane picked two pound, and so bray them small as morter, then do to these hearbs & roots a pottle of good white Wine, and so let it stand a day and a night, then straine out the liquor, and doo it into the oyle before that they seeth them and set it ouer the fire, and let it seeth the space of foure houres, then take it off the fire, and doo it in a cleane bowle, and so let it stand til it be cold, and then take it vp and doo away the water and the slime and if it be too hard doo in more oyle, and if it bee to nesh, doo therto more Wax and Rozen, and of Frankensence and seeth it againe, then doo it in boxes and keepe it wel, for this is a precious treat or oyntment for al manner of ach in the bons.

The making of a treat the which is called Oxicrochfie.

¶ Take a quarter of a pound of mede Ware, as much of pure Rosen, as much of black Pitch as much of Saffron, an vnce

ounce and a halfe of Mastick, and halfe a quarter of a pound of Frankensence, as much Myrrh, & a quarter of a pound of Arpinacke, halfe a quarter of a pound of Galbanum, asmuch of Turmentile, then take all the gums and make them to small powder, and breake the Ware & Galbanum to small peeces, then set thē in good vinegar all a night, and on the morrowe set it ouer the fire, and let it seeth till that the vineger be wasted somwhat: also straine it well through a cleane cloth into a vessell with white Wine or with water, and when it is cold take it vp, & then hold it against the fire, but looke that thou haue thy Saffron ground, thē hold it as thou wouldest hold Ware, and a little & a little temper the Saffron thereon, and meddle them well against the fire till the Saffron be melted in the gumes, but thou must annoint thy hands with oyle of Laurell that it cleauen ot to thy hands, & do it where thou wilt: and this treat is good for all sores & bruses in any limb of man, it destroieth hard apostumes, and it is good for broken bones & for the surgery of Salerne, who vsed this medicine for small wounds that were euill healed, and this will opē a sore, and will heale him well and faire againe: proued.

For to make Vnguentum albanum

¶ Take a pint of oyle Oliue, and put thereto halfe a quarterne of Ware, and set it ouer the fire till the Ware be molten, but make it into small peeces: then take halfe a pound of Cerusse and an ounce of Mastick, and one ounce of Olibanum, & a little Camphire: take and grinde all these small, and cast it into the oyle, and stir it well together till it be nigh cold, then take the white of foure Egges made into gleare, and put thereto a saucer full of vinegar, and stir all this well together and do it in bores, & this ointment is good for to anoint all sores without the wound but do it not in the wound, for this is a good cold oyntment.

To make Vnguentum album another way.

¶ Take a pinte of oyle Oliue, and halfe a pound of Diaclome, Anniseede a prette quantitie, and put them together, and

put thereto a pound of Ceruse small grounded, and then boyle them altogether a little, and stirre them alway till it be cold: et fac vnguentum.

For to make vnguentum popileon.

¶ Take three or foure pound of Poppy seede, and two or three pound of heard Walter, one pound of Henbane, and one pound of pety Morrell, and one pound of Orpine, and one poũd of Singrene, and one pound of Endiue, one pound of Plantin, and one pound of violets, and one pound of water Cresses, one pound of Handrake, and one pound of penywort: take al these and stamp them in a morter, and do therto three or foure poũd of Barrowes greace molten, and bind them well together, and then set them in an earthen pot well closed in a moist place, and so let it stand nine daies, and on the tenth day set them on the fire, and do therto a quart of white Wine, and let them seeth wel together, and then wring them through a strainer a little and a little till it bee cold, and when it is cold do it in boxes, and this oyntment is good for many sores.

For to make vnguentum geptiacum.

¶ Take a farthing worth of Honey, a spoonfull and a halfe of Vineger, of greene Copperas a smal quantity, a peece of Allom, and if you wil make it easily, put therunto Ale, or else womans milke, and this oyntment is good for all sores & wounces both new and old.

For to make vnguentum ruptorum a corsie.

¶ Take Cantarides and make it into powder, and as much of vnslaked lime, and of black Sope as of al the other, and make al these in manner of a plaister, and lay it to the sore as brod as thou wilt haue it broken, and no broader.

For to make vnguentum versilinum.

¶ Take an ounce of Litarge, halfe a pound of Pasticke, halfe a pound of Ceruse, an ounc of Camphire, halfe a nounce of the

the stone called Calamint, and make these to small powder, and do thereto halfe a pounde of mede Ware small broken, and then do thereto a pint of the iuice of Emerose, and put all this in a pan, and set it ouer the fire, and let them seeth till they be molten and alway stir it, and then take it from the fire, and let it stand till it be cold, this oyntment is good for a man that is scalled on his yard with fire, or on his body or visage, or on any limb of a man, and for all scalding, and this is good for wounds and for many other priuie maladies: and this is a precious oyntment.

For to make vnguentum deleroſica.

¶ Take a pound and a halfe of purified Hony, and a quarter of a pound of Verdigreace small made to powder, and a good sawcerfull of Vinegar, cast all this together into a panne, and boyle them well together till it become red, and alway stirre it well, and then beware for it will haue many colours, for it will be red, then do it in boxes and it will be hard, and after it will relent againe, and then do therefore into the rotted wound, and annoint the fore there with, and it will do away dead flesh and other corruption, and this is a good oyntment for to clense, and for to make the flesh for to grow.

For to make vnguentum Geneſt.

¶ Take two pound of the flowers of Broome, a pound of the flowers of Woodwere, and a pound of Dreslips, and bray them in a morter, and do thereto three pound of May butter, and mingle them well together, and so let them stand for three daies and for three nights, and then do it in a pan, and fry it well on the fire and then wring it through a cloth, and do it in a boxe, this oyntment is good for all cold goutes, and for other cold evils.

For to make vnguentum Penetium.

¶ Take a gallon pot full of blacke Snailes gathered in the dew, in the moneth of May, and doe them in a linnen bag, and

When ye haue the Snailes looke that ye haue ready then a pound of the powder of Comin, and another pound of Dill, and meddle these powders amongst the Snailes & hang them vp and set vnder a cleane vessell, and keepe well the oyle that cometh of them, and then take the oyle and seeth it on a soft fire, and do thereon a quarter of a pound of the marrowe of a horse legge, and seeth it with the oyle, and then do it in a glasse with that oyntment, and annoint any man or woman that is so troubled with the Gout and he shall be whole by Gods grace.

A good oyntment for to heale wounds.

¶ Take Auence, Bugle, Pigle, and Sauigle, Smallage, and hearbe Robert, Veruein, and hearb Water, Weybred, & Ribwort, Daisies, and Hollhock, Ligniserpentini, red Cawle and the crops of Brier, of euery one of these a pound, or at the least halfe a pound, then take these hearbes and stamp them smal in a morter, then take May butter two pound, and two pound of Barrowes greace, and stamp them well together, and then doo these in an earthen pot, and let them so stand for nine daies, and on the tenth day doo them in a Pan and seeth them on the fire & let it seeth easely a good while, and then wring them a little and a little through a strainer, and then take them, and put it into the pan againe with a quart of white Wine, and halfe a pounde of mede Wate, and a pound of sheeps tallow, and a quarter of a pound of Frankensence, and a quarter of a pound of purified honey, cast all these together into the pan, and then set them ouer the fire and seeth them well together a good while, and then set it downe and let it keele, and then do it in bores, and this is a speedy ointment to heale all maner of sores and wounds be they neuer so great: this hath been proued.

If thou wilt heale wounds well and cleane with the drinke of balles, then take of these hearbes to make thy balles.

¶ Take a pound of Pigell, and a quarter of a pound of Sanigell, and halfe a pounde of Bugle, a quarter of a pounde of Turmen-

Turmentile, halfe a pound of Auence, a quarter of a pound of Mouseare, a quarter of a pound of Centory, a quarter of a pound of Rue, a quarter of a pound of Iuy, a quarter of a pound of wild Sage, and halfe a pound of Dasie, a pound of hearbe Robert, a pound of hearb Water, and a quarter of a pound of hearb Iohn a quarter of a pound of Egrimony, as much of Violets, as much of Strawberries, and halfe a pound of Ribwort, and halfe a pound of Weybred, and a quarter of a pound of great Dasie, and halfe a pound of Spignell, and halfe a pound of Betony, a quarter of a pound of Hempe, and asmuch of red bryer crop, and as much of the black bryer crop, halfe a quarter of the red Nettle, and halfe a quarter of the red Cawle, and a quarterne of Verbaine, as much of Burnet, and asmuch of Scabions, take all these hearbs and shred them small, and then doo them in a morter and grind them al to flower as thou wouldest doo Verueine, then mingle of Madder the weight of al these other herbs and grind it with these hearbs, and then let them rot together for fiue daies and fiue nights, and then make thereof small balls as big as a Walnut, and dry them in thin platters couered one ouer the other, and set them in the Sunne so that there come no ayre thereto by no way, and who so hath a great wound then take one of these balls, and crum it into a quart of white Wine or of stale Ale, and let them drinke thereof each day first a little quantity, and to wash his wound three times on the day with white Wine, and if that you haue no white Wine, then take the iuyce of Auence and let come none other oyntment at the wound but the iuyce of Auence, and therewith wet well the wound al about, and thus thou maist heale and saue euery olde wound be it neuer so horrible and festered: and if there bee in the wound any dead flesh, thou must doo thereon the powder of Sandefer or else of burnt Allam, for that will fret away dead flesh, and these balls will heale the wounds.

For to open a wound that is closed too soone.

¶ Take the leaues of the white plumtree, and the milke of a goate, and stampe them together, and make a playster therof,

thereof, and lay it to the sore, and it will open it well, and it will doe away the rankling.

Also take Centory, stampe it, and lay it thereto, and it will open any wound faire and well.

Also Galbanum is good for to clense a wound, and for to keepe it open.

To heale a wound

¶ Take Turpentine, as much as you thinke to serue your turne, and put it into a dish with cleane water, then take a stick and make it fit at one ende, and with that beat, and turne your Turpentine in the water til it be very white, then put the water cleane from it, and put to it halfe asmuch yolke of Egges as is of the Turpentine, and mingle them wel together, and minister it when ye neede, put not this in your treane bore, for it will soke through: you may keepe it in a bladder.

For a wound in the head a good Mundicatiffe.

¶ Take hony of Roses two ounces, oyle of Roses an ounce meddle them together, and put it warme into the wound with Lint, and a plaister vpon it: it is a good Mundicatiffe,

For the ach in a wound.

¶ Take the roots of Bzany, and pare the vtter side, and beate them in a mozter and in faire running water, and straine it, and warme it, and lay it hot to the wound or ache as the partie may suffer it: first wash the wound faire, and then lay it to the wound.

To make a water for a cut or wound.

¶ Take a pottle of faire running water, and seeth it on the fire, and let it seeth a while, then take two peny wozth of white Copperis, as much of Bole armoniack, and foure peny wozth of Camphire, and beate them altogether in powder, and put them all together into the water, and let them seeth a little while, and then take it off the fire, and when it is cold put it into a

Glasse

Glasse, drosse and all: and when it is occupied poure out a little into a sawcer of the cleerest water, and none of the bottome or drosse: and set it vpon the coles, and wash the wound as hote as he may suffer it, and then take a little linnen cloth, and double it three or foure times double: and wet it in the water, and lay it to the wound as hote as the patient may suffer the same, & binde it fast.

For a cut or wound.

¶ Take a gallon of running water, and put thereto a pint of Honny, and a quarter of a pound of Roch Allom beaten in very fine pouder, and let them seeth together and scum them cleane, and put thereto a handfull of Wood-bine leaues, and a handfull of Sage leaues, a handfull of Selondine, and seeth them altogether till the halfe be consumed, then take it from the fire, & straine it through a Canuas cloth into another cleane vessell, and then put thereto a penny worth of graines, and let them seeth a while together: and then put it in a faire glasse when it is cold: this is a principall medicine.

For to heale woundes, and to knit and heale broken bones.

¶ Take Betony, Bugle, Sauigle, Pimpernell, Millefoile, Strawbery leaues, Dyptn, Sage, Mouseare, Emerose, Tansie, Sothernwood, hearbe Robert, hearbe Water, Egrimony, Plantaine, Solcirkle, Auence, Madder, Daisies, Camphire, Olmond, the crop of the red Colewort, the crop of the red brier, the red Nettle crop, of the crops of Hempe, take of each a like much saue of the Madder by waight, then take these hearbes and stampe them small, and take May Butter made of rawe Creame, Ewe milke, with dew water of May, and if that you can get no Ewe milke, take the Butter of Cowe milke of the yellowest colour that can be found, for it is far better then the white and take a quart of Butter, halfe a quarterne of Mede

xe, and melt the Butter and the Waxe together: and when they be molten, let the Butter and Waxe run through a cloth, for then is the Butter clarified from the Waxe, and shread the Butter and the Curds asunder, or else it will never do so well, and then let the Butter keele, and when it is colde, then take and put thereto three pound of thy hearbs, and halfe a pound of Butter, and cast them in a Morter, and stampe them small. till you can see nothing of the Butter, and then do it in a new earthen pot, and close it fast that no ayre come forth, and when all is in the pot, make it sure that no wormes may get in, nor that ayre (as I saide before, get out: then set it in a moist place, and so let it stand for nine daies at the least, and then it will be hore aboue, then take it out of the pot, & do it in a faire pan, and set it on the fire and fry them well together, and stir it well, and when it is hot inough, take it from the fire and wring it through a cloth, and let it stand till it be cold, and then kerne it and let out the water, and then doe it into the pan and melt it againe: then do it vp in boxes, and keep the same to your vse.

Also to make an oyntment sanatiffe for woundes.

¶ Take of the same hearbes before expressed, and worke them as thou didst the salue: but whereas thou tookest Butter to thy salue, take faire Barrowes greace and melt it, and when it is cold, put it to thine oyntment, and whereas thou tookest to thy salue Madder, put thereto Cammemile, and put the hearbs thereto: take to that oyntment of Auence as much waight as of all the other hearbes before named, and then shall this oyntment bee according to the salue, the one to worke within, and the other to worke without, for this salue and oyntment is chéefest accounted of among Phisitions for all woundes, both to clense and to heale very faire and perfectly, and to knit broaken bones surely.

To heale all old wounds.

¶ Take Plantaine water distilled ; and put halfe a pinte thereof to an ounce of Mercurie sublimatum, and so stir them very well together, vntill it be dissolued in the Plantaine water and then wash the sore or wound well therewith, and after wet a cloth in the same water , and couer it cleane ouer the sore or wound: and vse this once euery day vntill it be whole, and do so from day to day.

A red water for sores and wounds, either olde or newe.

¶ Take a pottle of running water, a pecke of ashes of Ashe wood that is old, and a pottle of Tan-fatte that leather neuer came into, and a pound of Mother, a pound of Allam, and beate them all in fine powder, and put it into your Tan fatte nine dayes, and then when you haue so done, take a pottle of the one and a pottle of the other, and put therto ten ounces of greene Copperis, and one ounce of Ginger beaten all into fine powder, and put them all together, and so seeth them to a quarte, then take them off and straine them, & put them in a faire vessell and poure out the thinne from the thicke, and lay a wet cloth thereon, and lay it to the wound or sore either old or new, and wash them well therewith.

A water imperiall for all wounds and Cankers.

¶ Take a handfull of red Sage leaues, and a handfull of Selondine, as much of Woodbine leaues, take a gallon of conduit water, and put the hearbes in it, and let them boyle to a pottle and then straine the hearbes through a strainer, and take the licour & sett it ouer the fire againe, and take a pint of English honny, a good handfull of Rochallom , as much of white Copperis fine beaten, a penny-worth of graines brused, & then

let them boile altogether three or foure walmes ouer the fire, and let the skimme as it riseth be well taken off with a feather, and when it is colde, put the same into an earthen pot or bottle so that it may be kept close from the ayre: and for a green wound take of the thinnest, and for an olde wounde of the thickest, couer the sore rather with Veale or Mutton: skimme them with Docke leaues: when that you haue dressed them with this aforesaid water.

To make water imperiall another way.

¶ Take a handfull of Dragon, of Scabions, of Endiue, a handfull of Pimpernell, a handfull of Woormewood, of Rew a handfull: a handfull of Tansie, as much Fetherfoy: asmuch of Daisie leaues, as much of Cowslips, as much of Paydenhayre, as much Sinckfoyle, as much Dandelion, as much Time, as much Bawme: of each of these hearbes a handfull, as I said before: then take of Treakle a pounde: of Bolearmoniack foure ounces: and when you haue all these hearbes together, you must take and shredde them a little, but not too small, then take the Treakle & the Bole armoniacke, and mingle them and the hearbes together, then put them in a stillatory, and still them, and it is made.

A very good remedy to take away Warts.

* For to take away Warts, take the seed of Bryony with the leaues, burne them and make ashes of them: and meddle the ashes with the iuyce of the same hearbe like an ointment, and annoint your Warts often, and they will fall away. The dunge of an Eagle if it bee often rubbed vpon the Warts, dooth likewise doe away the same very quickly.

Another remedy for Warts.

¶ Take the iuyce of hearbe Wartwort, and annoint any wart or Ringworm therewith, and it helpeth.

For

For to doe away warts.

¶ Take Elder beries and stampe them, then wring out the iuyce, and with the same vse once or twice a day to annoint thy warts, and it will quickly do them cleane away. This experiment hath been proued.

For to do away a wenne.

¶ Take and binde fast the Wenne, then take Verdigreace, Sulphur, Sope, oyle of Egges, Allam and Horny, and temper them together, and lay thereto, and it shall doe away the Wen, and also for to heale it well and cleane within three or foure times dressing.

For to doe away a vvenne.

¶ Take a quantity of vnslackt Lime, and mixe the same very well with as much blacke Sope, and annoint any Wen therewith, and it will fall away: and when the roote is come out, annoint the place with oyle of Balme, and it will perfectlie heale the same.

Hovv to helpe one that is blasted.

¶ Take the white of a Hennes Egge, and put it in a brazen Morter, then put thereto a quarter of an ounce of Copperis and grinde them well together till it bee as small as an oyntment: with which annoint the sore face, and it will ease the pain, and take away the swelling: and when it is well nie whole, annoint the place with a little Popilium, and that will make the skinne faire and well againe.

An excellent remedy to helpe the revvm.

¶ Rub the leafe of a Marigold betweene your fingers, and put the same into your nose, and let it stay there a little while, and it will bring forth aboundance of humors out of the heade, it will helpe the Rewme within a little while, if you vse it: This hath beene proued.

Another speciall remedy for the Rewme.

¶ Take a little stick, and tye about the ende thereof olde Oaken leaues, then cut them somewhat rounde, and holde the same leaues in your mouth as deepe and as farre as you can suffer the same holding the stick betweene your teeth, in this manner holde your mouth ouer a dish or porringer, and there wil great aboundance of humors auoide out of your mouth. But within a while wash in faire water the leaues on the sticke, and then hold them in your mouth againe. Doe thus for the space of an houre, and vse it three or foure times a day, for three or foure dayes together, or until you haue auoyded somuch watry humors as you thinke good. This is the best and presentest remedy for the rewme that euer was heard of. And he that proues it shall finde it an excellent helpe.

A Soueraigne water against melancholly, and drinke to comfort the stomacke.

¶ Take a pound of Aqua vitæ, and put thereto a quart of Redrose water, put into it as much Licoris sliced and scraped as you may hold in both your handes, but if it be English Licoris you may take lesse, put thereto as much Anniseede as you thinke will be sufficient to make it tast well thereof: stew all these with a soft fire well couered with an earthen pot that the ayre doo not goe out to your iudgement till that a pinte thereof be consumed: let it not boile in any case but stew softly, this done, take it from the fire, and let it stand and cole: and when it is cold draw it from the seede and Licoris, and put it into the wicker glasse or bottle, but bruse it that your water may be as cleare as you can, and when neede requireth occupy it.

To make Artificiall oyle of balme for woundes.

¶ Take Balme, Rewe, Fetherfoy, Sowthistle, Nettles, Bitany leaues, Bramble leaues, Sage leaues, Sinckfoile, of each

each of all these a handfull: take all these simples and lay them in oyle Olive one whole night, & take the water that commeth of a Vine stalke, and blacke Snailes gum Arabick, gum Edere, of each of these one ounce: you must take the seed of the Ashe tree and beate the seedes and the gummes very fine together. Afterward, you must put the oyle and the hearbes into the Still, and throwe thereupon a quarter of a pound of the oyle of Roses, and two ounces of Aqua vitæ, and so distill it with a soft fire: but you must still it at the left twice or thrice: This oyle will heale all woundes very soone.

A greene balme to incarnate wounds, and to dry vp filthy vlcers.

¶ Take of fine Aqua vitæ, Venice turpentine, oyle of Roses, of euery of them a pint, boyle them with a soft fire of coles, and after a wume or two, put in of Uerdigreace made in fine powder an ounce and a halfe, and boyle it to a good perfect substance. and so vse it to your sore wounds and filthy vlcers, and it shall helpe them very shortly.

To make artificiall Balme.

¶ Take of gum Elempine fiue ounces, Aloes, Myrrh, Castor Apponace of each two ounces Storax Calamite, Olibanū, Mastick, Cacabar of each two ounces, Munge Bedelii, gum of the Fig tree, of each two ounces and a halfe, make euery one of them in powder by themselues that will be powdered. The spices take of Lignum aloes three ounces Zilobalsami, Carpobalsami, Spignard, Cloues, Sinamō, Calamus aromatici, nut aromatici, Nutmegs, Galingall, Setwell, Graines, Cardomomus, both of the great and small, Cucubes, rootes of Cipres Mustacastaline, which is the cods of the Muske, of each two ounces, Rewpenticon 2. drams, flowers of Rosemary 2. ounces Juniper berries Enula campana, of each dried an ounce, Bayberries halfe an ounce, beat all together in grosse powders, then take of the seed of Fennell, Persly Tāse, Carret, Coriander, and Carowaye seed, of each one ounce, Wormwood, sage dried, basill,

Rosemary

y: Margerum: Pennirial: Mints: Secados: Egri-
a like quantitie of each: then take Figges of Algary,
ates the stones taken away: Reysons of the sunne: Almonds:
of each foure ounces: then take oyle of Turpentine 2. pints: oile
of Mastick, oyle Bennet, oyle of Castore, oyle of Tartor, oyle
of Dyll, oyle of Exeter, of each halfe a pint, oyle of Spicke, oyle
of Nard, of each foure ounces: pure Aqua cõposita the weight
of all the former stuffe: and first boyle them in the bodies of two
Limbecks of glasse fast luted, with the crownes of their couers
downeward in Balnæo mariæ, that is a Cawdron of water a
day and a night: then take off their Caps and set them aright,
and distill it with an easie fire in these two Limbecks, all your
stuffe being deuided into euẽ portions, as before: lute thẽ strong-
lie, and distill them with a soft fire, fiue houres: then in the rest
increase your fire by little and little til the water be passed, then
shall you see white oyle, and last of all yellow oyle, keepe euery
of them by themselues: the fourth is in the bottome, keepe that
as an excellent remedy for all woundes, it helpeth suddainely,
without suffering the wound to putrifie or cast matter, but con-
foundeth it and helpeth it straight.

The vertue of this Balme.

It is most excellent for Gouts, Palsies, Cramps, wounds,
akings, sinewes cut, hurt or shrunke, the falling sicknes, Apo-
plexia, the turning of the brayne, the biting of dogs, or any other
venimous things, for the Timpany to annoint the belly and the
first water is good for all woundes, & all rotten and filthy vlcers,
as hath been proued.

The receit of the water of health, by G.K.

¶ Take red Rose flowers, Cammomile flowers, Lauender
flowers, Bugloss flowers, Isope flowers, Rosemary flowers,
sage flowers, secados flowers, balme flowers, time & wild time,
pentirall, margerum, winter sauery, pimpernell, S. John wort,
Philopendula, eyebright. horehound, dittany, bittany scabies,
turmentill, planten, auence, maidenhaire, mints, rue, sapifrage,
harts-

harts tung, Enfras, Bzafill, Canepithy, Piony, Iu
ries, Bay leaues oz Berries: take of all these flowers a
handfull if they be gotten, if not, then take thzee gallons of m
ty strong Ale oz thzee gallons of Gascone wine: then tak
these spices, Annifeede two pound: Licozis two pound, Fenell
seed two ounces, Cinamon two ounces, Caraway seed two oun
ces, Galingal two ounces, Setwel two ounces, Angelica two
ounces, Ciperus two ounces, Ginger, Nutmegs, of each one
ounce, Enula Campana one ounce, Calomus aromaticus one
ounce Ireus one ounce, Lignum aloes two ounces, Cloues one
ounce, Cucubes one ounce, Graines one ounce, Long Pepper
one ounce, Spignard one ounce, Mace one ounce, Amis amoniū
one ounce, Suger half a pound, Alkenet two ounces, Olibanum
Mastick, Basill seed, Marierum seed, of all these half an ounce,
and doe by the dzawing of this water of health in all respectes as
by your Aqua Composita, your flowers and hearbs must bee
dzied, and shzed on a chopping bozde a good handful of each at the
least, and your Annifeede must be well beated and bucked, & your
Licozis must be scraped and sliced cleane, and then all the rest of
your other spices and seedes must be beaten fine in a bzazen
mozter each to his quātity. Also you may put therto thzee grains
of cluell Muske, foz it will make it to dzinke the mozе pleasan-
ter, and foz diuers infirmities this water is good, as to breake
wynde in the belly, foz them that cannot relish oz digest their
meates, and foz diuers other cold causes, this water will make
a man to liue long, and to keep and pzeserue a man long in health
and to make a man to looke yong againe.

For to make pety Balme.

¶ Take fine meate ople a pinte, and put it in a cleane pan, &
seeth it well ouer the fire, then do thy hands in cold water, and
let it dzop thereon, and it will creame, and when it leaueth crea-
ming doe it to the fire againe, and let it seethe well, and doe so
thzee oz foure times with your hands, and take halfe an ounce
of Mastick, as much of Frankensence, as much of Rozen, a
quarter of an ounce of Uerdigreace: make all these into powder

...and them into the pyle, and let them seeth ...rr, and stirre it well and skim it cleane, then let it ...n do it in a pewter vessel, and this is a good balme.

For to make aqua vitæ perfectissima, per G. K.

¶ Take the roote of Saxifrage, Persly, Alisander, Fennell, Time, Isope, Penirial, Rosemary, Lauender, Primrose, Mints Rue, Betony, Sauein, Sage, Auence, Calamint, of each of these hearbs halfe a quarterne: then take Galingall, Pepper, Long Pepper, Cloues, Nutmegs, of each of these one ounce, of Canell, Mace, Cucubes, of each of these two ounces, Setwell, Pellitory of Spaine, Lignum aloes, of each halfe an ounce, stampe thy hearbes, and powder thy spices, and doe them in a gallon of good red Wine, and mingle thy hearbs & spices together in the Wine, and let them stand all a night in steepe, and on the morrow distill them into a Limbecke: this water hath many faire vertues, and it comforteth man or woman, and keepeth them from all maladies that be cold.

Also it is hote at the first distilling, and at the third distilling it helpeth man or woman in their kindly heates.

Also it comforteth a colde stomacke, and destroyeth both scab and scall.

Also it healeth all old sores, if it be kindly vsed, it is good for the deafenes of the eares, by putting a little therof into thy [illegible] it driueth away the stinking of the breath.

Also it is good for the falling euill & for the palsie in the tung, for that palsie maketh a man sodenlie dombe.

Also it healeth the palsie of other members that trembleth.

Also for biting or stinging of Scorpions or Adders, or other venemous beasts, for no venim can come neare vnto it.

Also it is good for the toothach of colde rewme and for a cold feaner being drunke before the axis: it is good for to wash the emrods and old sores called Nolime tangere, and for the Colica passio, and who so drinketh it for the vanity of the head, it also healeth the sauce fleume in the face.

Also

a double glasse [illegible] for it is a cleare
all members, and defendeth against all pestilentiall di-
against the Palsie, Dropsie, Spleen, yellow or blacke Jaundice
for wormes in the belly, and for all agues be they hote or colde,
and all manner of swellings and pestilentiall sorowes in man,
or melancholy and flegmaticke, and it strengtheneth and com-
forteth all the spirites and strinnges of the braine, as the heart,
the milt, the liuer, and the stomacke, by taking thereof two or
three spoonefuls at one time by it selfe, or with Ale, Wine, or
Beere, and by [illegible] a prety quantity of Suger therein: al-
so it helpeth disgestion, and doth breake winde, and stoppeth laske
and bindeth not, and it mightily helpeth and easeth man or
woman of the paine of the hart burning, and for to quicken the
memory of man: take of this water three spoonefuls a day in
the morning and an other after he goeth to dinner, and the third
last at night.

The electuary of life.

¶ And if a man be sicke at the stomacke or in the [illegible]
the hart, or in the head, or were bitten with any venemous ea
beast or poysoned and a man were by the way trauailing, [illegible]
in the house, and he had all these sicknesses, so that hee had [illegible]
him this lectuary that is made of fiue thinges to eate there
or drinke thereof in water three or foure spoonefuls, hee sh
by Gods helpe bee quickly whole, so that hee vse it for fiu
dayes fasting: and when he goeth to bed, least he shoulde no
whole of all his sicknesses in the body, and if hee did drink
oftner in a day the better: and these be the fiue things to
this electuary with: Scorlogio, Morre, Gentiana, Gra
and Ialaout, as much of the one as of the other, and dam
and straine them, and mingle them with hony that h
well boyled on the fire and scummed cleane. and t
making of this Lectuarie, and when as need requireth
vse it: Proued.

A good powder called the powder of life.

¶ Take the seede of Smallage, and the bones of a mouse, and the roote of Turmentile, the roote of Quintfoyle, and the roote of Philopendula, the seede of Gromwell, and the seede of Saxifrage, the seede of Alisanders, and the seed of Sowthistle, of each of these seedes a like much, and then take Licoris and Galingall, Cannell and Ginger, [illegible]ke much: then bray them in a morter, and mingle [illegible] and vse therof, then doe thereto a quantity of Sug[illegible]ffron, and a quantity of Maces, and this is the [illegible] of this powder for manner of sickneſſe in mans bo[illegible] in the wombe, or if a ouercome by the way, it will destroy all manner of poynome, and the dropsie and palsie, and so all the walt a mans hart.

FINIS.

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